



Stop dieting. Start weighing less.

5 Shifts for Sustainable Weight loss

with Brock Armstrong and Monica Reinagel

% of last 10 years spent dieting or trying to lose weight: _____

% of mental energy spent thinking about food/weight: _____

Amount of weight lost on most recent diet: _____

Time it took to lose: _____

Amount (if any) gained back over subsequent 6 months: _____

5 SHIFTS

1. _____

2. _____

3. _____

4. _____

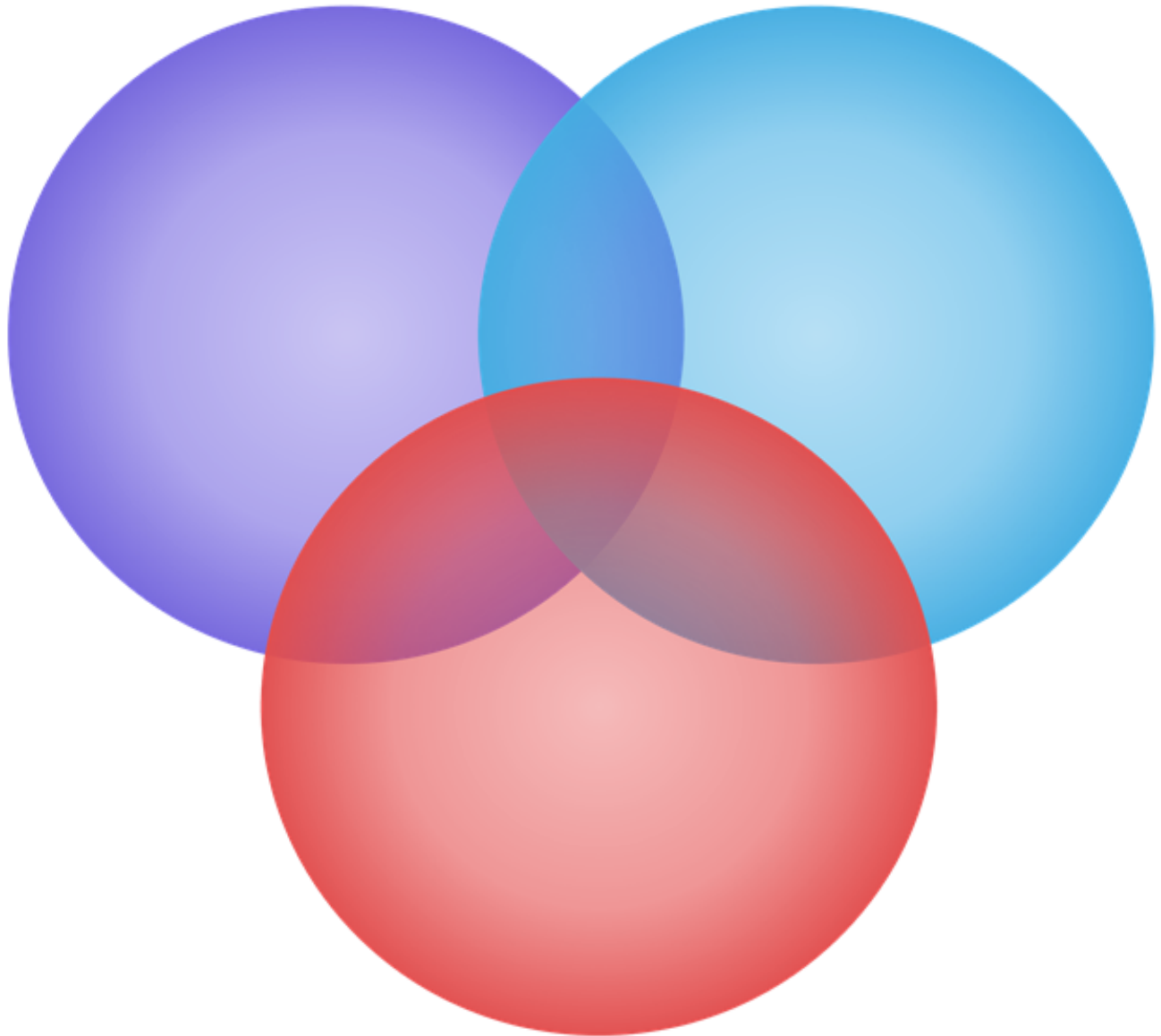
5. _____

_____ x .02 = _____

The Attention Intention Action Cycle

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.



- 1.
- 2.
- 3.