

# Momentum Builders

## Series 1: Well- Begun is Half Done

This checklist is designed to help you integrate the foundational principles and actionable steps discussed in the coaching session to build momentum on your weight loss journey.

### Momentum Builder #1: Own Your Mindset

*The goal is to understand your relationship with food, your body, and yourself, and break free from emotional eating.*

Task	Check
<b>Action 1:</b> Identify one limiting belief you hold about food or weight loss.	<input type="checkbox"/>
Ask yourself if this belief is truly serving you (or if it creates fear/stress).	<input type="checkbox"/>
Reframe the limiting belief into a positive, empowering belief (e.g., changing "I've always been a yo-yo dieter" to "I am learning the tools I need to break free...").	<input type="checkbox"/>
Write this new, empowering belief on a sticky note and place it somewhere visible to reinforce it daily.	<input type="checkbox"/>

### Momentum Builder #2: Commit to Balanced Nutrition to Fuel Your Body and Mind

*The goal is to ensure you are fueling your body with the right protein, healthy fats, and micronutrients to prevent side effects like fatigue and muscle loss.*

Task	Check
<b>Action 2:</b> Plan out one nutrient-dense, balanced meal each day.	<input type="checkbox"/>
Ensure this meal includes all three macronutrients: carbohydrates, proteins, and fats.	<input type="checkbox"/>
Ensure this meal includes at least one micronutrient-dense food (such as leafy greens, fatty fish, or one of the Next Step Shakes).	<input type="checkbox"/>
Track how you feel after consuming this meal (e.g., more energized, less fatigued).	<input type="checkbox"/>

### Momentum Builder #3: Work Around Your Appetite and Prioritize Nutrient Density

*The goal is to maintain adequate nutrition, even with a reduced appetite, by focusing on quality over quantity.*

Task	Check
<b>Action 3:</b> Focus on making the most of your limited eating opportunities by prioritizing nutrient-dense foods.	<input type="checkbox"/>
If choosing to use metabolic nutrition shakes, aim for two to three shakes per day as a consistent source of nutrition.	<input type="checkbox"/>
When eating small meals, focus on high-quality, easy-to-digest, nutrient-packed foods (e.g., proteins like chicken/fish, healthy fats like avocado/olive oil/ghee, and small portions of vegetables or whole grains).	<input type="checkbox"/>
Create and use a list of preferred, nutrient-rich foods to limit decision fatigue during meal planning.	<input type="checkbox"/>
Prioritize hydration by drinking plenty of water throughout the day.	<input type="checkbox"/>
Consider taking a multivitamin or specific supplements (like calcium, Vitamin D, or B12) to fill any nutritional gaps.	<input type="checkbox"/>

## Momentum Builder #4: Create a Sustainable Routine to Reinforce Your New Health Practices

*The goal is to establish consistent, long-lasting practices that go beyond the scale.*

Task	Check
<b>Action 4:</b> Design a daily routine that includes the following three items to optimize your weight loss journey:	<input type="checkbox"/>
<b>1.</b> A moment of self-reflection or journaling about the shifts you are experiencing.	<input type="checkbox"/>
<b>2.</b> A structured meal plan that includes nutrient-dense foods and/or shakes.	<input type="checkbox"/>
<b>3.</b> A daily activity (e.g., a short walk, stretching, or another form of exercise) that makes you feel energized.	<input type="checkbox"/>
Focus on consistency to make this routine your new normal.	<input type="checkbox"/>

### Key Reminders

- Remember that the key to making these changes sustainable is **consistency**.
- Trust that by embracing a balanced approach to nutrition and maintaining a positive mindset, you will succeed now and set yourself up for **long-term success** when you come off medication.
- The journey is **not about perfection; it's about progress**. Keep reflecting, adjusting, and moving forward.