

Tools for Success

You're working hard making small changes and seeing some results, now what? Need some extra help? Ready to dig deeper? Well here are some helpful tools that are not required but can help tremendously while you begin your journey to health!

1. **Scale:** Nope, not the kind you step on, the kind for your food! So you think you can eyeball a 4oz? I think not!! Use a scale to know exactly how much you consume so you get an accurate account of your calorie intake. Guessimating can lead to 100s of extra calories consumed making you feel like you should be making more progress than you are. That can be extremely frustrating and could even make you want to give up!
2. **Measuring Cups:** same reason as the food scale!
3. **Food Logs and Diaries:** Whether it's in your phone, in a note pad or online. Start a food journal asap!! Keep it up AT LEAST 2 weeks to get a REAL idea of your ACTUAL food intake! There are great online ones like www.mydailyplate.com as your coach I would be more than happy to review your food diary with you on a weekly or monthly basis.
4. **Water Bottles:** having a measured out water bottle can help you know where you are in your H₂O intake instead of relying on the feeling of "not enough" or "a lot" make a goal to reach the same amount of oz as you weigh in lbs! So a person weighing 150lbs would aim to drink 150oz of H₂O. If that person bought a 30oz water bottle their goal would be to drink 5 a day!
5. **Food Storage Containers:** grill up your chicken breast, steam a lot of veggies, make a big batch of steel cut oats (I have an AWESOME and easy steel cut oats crock pot recipe! Ask me!!) and keep it in a container. Now you can grab and go! No worries about sleeping in, because you have your oatmeal ready to go! No time to cook dinner; heat up some veggies & chicken! Having clean choices on hand will help you stay away from convenience foods! NO EXCUSES!

I don't expect you to go out and buy EVERYTHING on this list, but please refer back to this list if you are finding that you get stumbled at times to make poor choices, these tools can help take out the excuses we often make that lead to extra lbs that we complain about. No more excuses you can do this!!