

Blueprints for Weight Loss.



To build a house, a construction crew needs to:

- Follow a detailed blueprint or plan;
- Check their work against the blueprint as they go along; and
- When they run into problems, either do something different to follow the plan more closely or draw up a new blueprint.

What blueprint or plan have you been following to lose weight?

What problems have you run into? What can you do differently to better follow the plan? Or is it time to draw up a new blueprint?

Blueprints for weight loss	Problems I've run into	What I could do differently to better follow the plan
Keep track of fat grams. Stay under a fat gram goal for the day.	<input type="checkbox"/> Not keeping track consistently. <input type="checkbox"/> Not staying under fat gram goal for the day. <input type="checkbox"/> Staying under fat gram goal but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Use a different way to keep track. <input type="checkbox"/> Set a fat goal for meals and snacks. <input type="checkbox"/> Lower the fat gram goal.
Keep track of calories and/or fat grams. Stay under a calorie goal.	<input type="checkbox"/> Not keeping track consistently. <input type="checkbox"/> Not staying under calorie goal for the day. <input type="checkbox"/> Staying under calorie goal but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Use a different way to keep track. <input type="checkbox"/> Set a calorie goal for meals and snacks. <input type="checkbox"/> Lower the calorie goal.
Follow a meal plan for: <input type="checkbox"/> Certain meals or snacks, or <input type="checkbox"/> All meals on certain days of the week, or <input type="checkbox"/> All meals every day.	<input type="checkbox"/> Not following the meal plan consistently. <input type="checkbox"/> Following the plan but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Change the meal plan. <input type="checkbox"/> Eat pre-packaged meals (made at home or purchased) for: <ul style="list-style-type: none"> • Certain meals or snacks, or • All meals and snacks on certain weeks of the month, or • All meals and snacks on certain days of every week.