

28 DAY

Boost



PLANNER

PRACTICING THE LIFE I WANT TO LIVE

*Fast
Mama*
TRIBE



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Welcome

TO YOUR PLANNER!

This challenge will help you practice the foundations for weight loss and maintenance.

In the Fast Mama Tribe our simple 6 Step Process is:

- 1 - Decide what you want and own it
- 2 - Set a plan
- 3 - Train your brain
- 4 - Allow your feelings
- 5 - Show up to your plan
- 6 - Evaluate and Celebrate

It takes practicing these steps to make progress.

Read that again because that's a very important line.

It takes practicing these steps to make progress.

That doesn't mean you follow these steps perfectly 100%, like a robot, never going off track. It means practicing these steps as best as you can as a human being. Coming back to these steps each time you wonder off track.

It means getting better at these steps the more you practice them. And the better you get at these steps the easier weight will be to lose and maintain.

So let's agree you'll practice through these 28 days AND expect yourself to be human.

To simplify these 6 steps I want you to focus on the following practices:

1. Plan - Use this planner to plan your day, each day, ahead of time (ideally the night before).
2. Record - Write down what you ate, drank, exercise etc each day.
3. Thought Work - Do 1 thought download each day and put it into an unintentional and intentional model.
4. Feeling Work - Just once per day, sit, close your eyes, take 3 deep breaths and bring your awareness into your body. Notice how you feel.

I'll guide you through the rest of it, I've got you.

Stand tall and shine bright my friend.

Light up your life,
Lindell

Monthly POWER UP - LOOKING FORWARDS

MONTH

This month my goal is:

This goal is important to me because:

To achieve my goal I will: (what actions will you do and not do)

List the feelings that will drive you to take the above actions:

Thoughts that ignite those feelings in me are:

Start **SNAPSHOT**

Let's collect information on where you are today so we can accurately see your progress at the end of the month.

Use any or all of these prompts to capture where you are today, right now.

- Current weight
- Measurements
- Clothing size
- Take a photo of yourself, look at it and record your thoughts about what you see?
- How do you feel right now?
- On a scale of 1 - 10 how do you rate your general energy levels?
- What is your current exercise ability?
- What do you think about food, weight loss, exercise, planning...
- What were your past months eating and exercise habits?
- Any other information that will help capture where you are today, how you're thinking and feeling, what your average behaviours are. Collect as much information as you can.

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Thought **WORK**

Thought work uncovers how our current thinking is creating the results we're getting, it helps us regain control of our actions and beliefs, and therefore strive toward positive life changes.

INSTRUCTIONS: Use the thought work pages or your own journal to capture your thoughts and feelings and model them.

Free write or use a prompt to journal about each day.

JOURNAL PROMPTS

What do I think about my body?

When I grew up we used food to:

I eat because:

Feelings I cover up by eating are:

When I look in the mirror I think:

I think weight loss is:

I want to _____ but:

Am I worth the effort?

I'm worried:

The purpose of food is:

I've always been someone who...:

Why do I want to take care of my body?

Do I think today's actions matter?

When the number on the scales goes up I think:

When the number on the scales goes down I think:

3 things I love about myself are:

Dear me, I love you because...

When I get to Prima I think...:

When I get to Prima I'll feel:

If I were my own best friend I'd tell myself:

Old thoughts I'm willing to change are:

I'm grateful that my body helps me:

I feel loved because:

I will get to Prima goal weight because:

I won't get to Prima goal weight because:

10 reasons I want to lose weight are:

I can feel good about my path to prima right now by thinking:

I can make this journey easy and fun by thinking:

One thing I can do today to help me get to my Prima goal weight is:

Lessons I've learnt so far include:

Holy moly I'm amazing because:

I can find joy right now by thinking:

When I think about my goal weight I feel _____ because:

When I go off plan I think:

What do I think about planning each day?

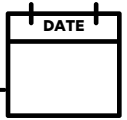
When I overeat I tell myself:

The more I am my own best friend the more my life will be:

Am I really following my plan?

If I'm honest with myself I'd say:

Write it down **AND MOVE ON**



Instructions: Do this worksheet when you eat off plan or overeat. No shame or blame, just gathering data to use and learn from.

1. What and how much did I eat that wasn't planned?
2. Where I was and what time it was:
3. What triggered it?
4. Thoughts I was telling myself when it happened:
5. I was feeling:
6. Did I try to resist or did I just react?
7. Did I try to allow the feeling? What worked, what didn't?
8. What did I learn from this?
9. What do I want to do next time?

Monthly POWER UP - LOOKING BACKWARDS

MONTH

When I reflect on my month I used the steps of the process:

1. Decide and know what I want

A little A lot

2. Set a plan

A little A lot

3. Train my brain

A little A lot

4. Allow my feelings

A little A lot

5. Show up to my plan

A little A lot

6. Evaluate and celebrate

A little A lot

Today I weight:

I lost / gained / maintained:

When I look at this result I think:

Is this thought useful? If no, what thought switch could I choose to think instead that will be useful?

This past month I'm most proud of (include challenges you have overcome):

My most useful feelings were:

My most useful thoughts were:

Finish **SNAPSHOT**

Let's collect information on where you are today so we can see your progress from where you were at the beginning of the month.

Use the same prompts you used at the beginning of the month and capture where you are today, right now.

- Current weight
- Measurements
- Clothing size
- Take a photo of yourself, look at it and record your thoughts about what you see?
- How do you feel right now?
- On a scale of 1 - 10 how do you rate your general energy levels?
- What is your current exercise ability?
- What do you think about food, weight loss, exercise, planning...
- What were your past months eating and exercise habits?
- Any other information that will help capture where you are today, how you're thinking and feeling, what your average behaviours are. Collect as much information as you can.