

5 keys of accountability.

It takes more than just desire to keep you on track to lower cholesterol and a smaller waistline.

From setting simple goals to rewarding your mini milestones, these 5 steps will help you get started and stay on track to achieve a healthier lifestyle.



1 Small and Simple Steps

It took more than a couple of days to get to the weight you are now, so be realistic about the time frame to take it all off. It's easy to get overwhelmed and give up if you're fixated on the final number. Instead, start with small, attainable goals and work your way up.



2 Track What You Eat

When it comes to getting out of debt, there's a reason why financial advisors encourage people to track their spending: most people don't realise how much and how often they spend. The same thing is true with eating. When you write down exactly what you eat and when, you get an honest and often surprising view of what you're putting into your body.

Use an online calorie counting site or smartphone app (many are free!) to get a clearer picture of your eating habits and where you can cut back.

We recommend the MyFitnessPal site and app.



Move It to Lose It

Many calorie-tracking websites work hand-in-hand with food diaries because getting in shape is not just about what you eat, it's also about how much you exercise. Get in the habit of writing down things like vacuuming, mowing the lawn, or painting a room in addition to hitting the treadmill to get a better idea of how much you're moving and where you can improve.

Vacuuming

30 min. = 119 calories burned*

Mowing the lawn

30 min. = 187 calories burned*

Painting a room

30 min. = 102 calories burned*

*WebMD



Team Up with Someone

Tips for winning teams:

- Find the right person
- Share your goals
- Exercise together
- Share your progress
- Encourage each other

Friends keep you going when your willpower breaks down. And they can appreciate your little victories along the way.

I will team up with:

1. _____
2. _____
3. _____



Celebrate Your Success

Another advantage of setting small goals is the chance to reward yourself often. Since you're working on a healthier you, a massage, manicure, or even just a new nail colour reinforces your efforts to improve your self-image.

Make it something to look forward to that motivates you to work hard and rewards you for your accomplishments.

I will reward myself with:

1. _____
2. _____
3. _____

Your plan for SUCCESS.

Creating your daily personal wellness plan.

According to a study published in the *American Journal of Preventive Medicine*, those who track their daily eating and health progress double their chances of success. To help you get started, we've provided four pages of sample plans and health trackers to start you on your journey to better health.

I Began My Journey <input type="text"/>			
Weight <input type="text"/>	BMI <input type="text"/>	Body Fat % <input type="text"/>	Calorie Limit <input type="text"/>
Cardiovascular Health			
Concern	Ideal Score	Your Score Today	Your Score in 6 Months
HDL Cholesterol	Women: >1.0 mmol/L		
	Men: >1.0 mmol/L		
Total Cholesterol	<2.0 mmol/L or 5.5 mmol/L		
Triglycerides	<1.7 mmol/L		
Blood Pressure	<120/80		
Metabolic Syndrome			
Concern	Risk Factors	Your Score Today	Am I at Risk?
Midsection	Midsection Danger Zone		<input type="checkbox"/> YES <input type="checkbox"/> NO
	Women: >80 cm		
	Men: >94 cm		
Blood Sugar	Normal Range: <5.5 mmol/L		<input type="checkbox"/> YES <input type="checkbox"/> NO
	Prediabetic Range: 6.0 - 7.0 mmol/L		
	Diabetic Range: >7.0 mmol/L		

Eat Smart

Eating the right foods at the right times is critical to the success of any weight loss or healthy living plan. Below is a sample day plan to show how many calories you should eat at each meal or snack. It even includes ideas on how to incorporate your favourite Melaleuca products into a healthy meal plan.

4 simple steps to follow the plan:

1. Eat three small meals and two snacks
2. Replace one or two snacks with *Attain bars or shakes*
3. Take *FibreWise* daily
4. Eat or drink *Access* before exercise

Sample Daily Meal Plan

Meal/Snack	Sample of Average Daily Calorie Goal of 1,800 calories	My Daily Calorie Goal	Melaleuca Solution Option 1	Melaleuca Solution Option 2
pre-workout	130 calories	_____ Calories		
breakfast	350 calories	_____ Calories		
a.m. snack	200 calories	_____ Calories		
lunch	420 calories	_____ Calories		
p.m. snack	200 calories	_____ Calories		
dinner	500 calories	_____ Calories		

And don't forget to...



DRINK FIBREWISE

Drink *FibreWise*™ each evening with dinner.



STAY HYDRATED

SplashH₂O™ makes getting the water you need delicious.



TAKE VITALITY™

Get maximum nutritional support with the *Vitality Pack*.™



Your weekly schedule.



These worksheets let you schedule your activity plan to make it a priority and help you develop an eating schedule with specific foods or just calorie goals.

My Weekly Food Plan						
	pre-workout	breakfast	a.m. snack	lunch	p.m. snack	dinner
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						



When you have a clear plan, you can follow that plan instead of your mood.

My Weekly Exercise Plan

	week 1	week 2	week 3	week 4	week 5	week 6
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						