



Lesson 12: Homework

- 1) Review the 7 secrets and write down how you can implement them in your day-to-day life to help you lose weight. (Worksheet 1)
- 2) Think of two people you know – one that applies most of these tips and one that doesn't. (Worksheet 2)
 - a. What are the differences between these two people? How do their habits affect their daily lives? What do they have in common and how do they differ?
- 3) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

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Worksheet 1: Implementing the 7 Secrets for Weight Loss

Review the 7 secrets and write down how you can implement them in your day-to-day life.

#1 Avoid Dieting: _____

#2 Avoid Fat-Free Foods: _____

#3 Sit Down to Eat: _____

#4 Plan Meals: _____

#5 Eat Protein: _____

#6 Move Around: _____

#7 Watch Less TV: _____

Worksheet 2: Analysis of People You Know

Let's take two people you know, one that applies most of these tips and one that doesn't. What are the differences between them? How do their habits affect their lives?

PERSON THAT DOES APPLY SECRETS (OR MOST OF THEM):

Does he/ she avoid dieting? How does it affect his/her life? _____

Does he/she avoid fat-free foods? How does it affect his/her life? _____

Does he/she sit down to eat? How does it affect his/her life? _____

Does he/she plan meals in advance? How does it affect his/her life? _____

Does he/she eat enough protein? How does it affect his/her life? _____

Does he/she move around a lot? How does it affect his/her life? _____

Does he/she watch less TV? How does it affect his/her life? _____

PERSON THAT DOESN'T APPLY SECRETS (OR HARDLY ANY):

Does he/ she avoid dieting? How does it affect his/her life? _____

Does he/she avoid fat-free foods? How does it affect his/her life? _____

Does he/she sit down to eat? How does it affect his/her life? _____

Does he/she plan meals in advance? How does it affect his/her life? _____

Does he/she eat enough protein? How does it affect his/her life? _____

Does he/she move around a lot? How does it affect his/her life? _____

Does he/she watch less TV? How does it affect his/her life? _____
