5 keys of accountability.

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

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.

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 realize 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 color 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. ________________________________