

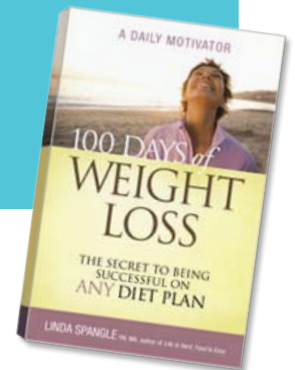


100 Days Challenge

for use with Linda Spangle's *100 Days of Weight Loss*

QUICK-START GUIDE

get started right away!



brought to you by
Weight Loss Joy!



100 Days Challenge Quick Start Guide

100 Days! Wow, that's a long time!

A lot of programs make it sound like you'll be fixed after 30 days. They promise that within weeks, you'll have thin thighs and a flat stomach. Or they suggest you'll lose tons of weight with no dieting or exercise. Of course, it doesn't work that way.

True changes in your body size and shape takes a lot longer than 30 days. But for many dieters, the challenge is to stay on a plan long enough to make a bunch of progress.

So how do you not only *start* a plan, but also *stay* on it? The secret is learning how to keep your focus strong and stick with your program a lot longer than three weeks.

100 Days is magical!

It takes you way beyond the usual diet drop-out times of three to four weeks. It also stretches you without you knowing it, and gives you a level of commitment you didn't know existed.

By doing the challenge one day at a time, you don't feel overwhelmed by the process. Instead, you discover amazing motivation, staying power and personal growth.

The Path to Success

Because *100 Days of Weight Loss* is designed to work with any diet plan, you get to choose your own method for losing weight. So decide on the program you want to use, then simply follow these steps to a successful 100 days!

Choose the right diet plan

Evaluate this carefully, then pick a diet, eating plan or weight-loss program and stick with it. The 100 days challenge will boost your motivation and help you be successful.

For help with deciding which type of diet approach is best for you, take the quiz at www.thedietquiz.com.

If you're already on a diet or weight-loss plan, that's even better. Simply review your current program, then pick a day to officially start your 100 Days Challenge. You'll discover that the challenge will add a ton of power to your ongoing efforts.

Set up your challenge

Gather your diet supplies, pull out your gym shoes, stick a few water bottles in the refrigerator. Make sure you have things in place so you're set to really make the challenge successful.

Here's a few other suggestions for setting up your 100 Days Challenge

- Remove tempting leftovers or open food packages from the refrigerator.
- If possible, get rid of snack foods, including chips, cookies and crackers.
- Empty desk drawers and work area of candy bars or snack items.
- Get a supply of diet sodas, instant bouillon and non-caloric drinks.
- Make a list of nurturing activities that don't involve food.

Step over the line

Pick a day to begin your challenge, then do it. No changing it because of a happy hour celebration or cookies at work. Each day, complete one lesson from the book *100 Days of Weight Loss*, setting a goal of staying on your weight-loss plan for 100 consecutive days.

Take each day seriously. Give some thought and focus to each day's lesson. Learn the concept. Memorize the wording. If you do, you are almost guaranteed to remain successful for life.

Stick with it

Stay with your efforts, no matter what! The lesson on Day 6 in *100 Days of Weight Loss* will remind you to *protect your program at all costs!* That may require not going out with friends or family members who tend to overeat. It might mean putting leftovers into the trash and skipping birthday cake. If necessary, insulate yourself from temptations that might pull you off track.

How to protect your program

- Decide how to tell others about your challenge. Ask for support.
- Identify high-risk locations and plan ways to manage or avoid them.
- Request family support—no open food packages, no restaurant demands.
- After meals, ask for help with clearing the table and putting away leftovers.
- Arrange for telephone buddies to call when needed.

Don't start over!

If you take a vacation or slip off your diet for a few days, *don't start over at Day One*. Just pick up on the lessons where you left off and continue moving forward. Your goal is to log a total of 100 days, even if it takes you longer than that to accomplish it.

Monitor your progress

In addition to using your journal to record your insights and learning, come up with a *visual* way to track your 100 days. Here are some ideas:

- Write each day's number on a calendar or on a wall chart.
- Record them in your daily planner or a page in your *100 Days Journal*.
- Create a graph or a spreadsheet on your computer to track your program.

The Sticker Tracking Plan

For a more visual tracking system, buy a bunch of green, yellow and red stickers or stars. Print off several copies of the Wall Calendar that's included in your 100 Days Challenge materials. Arrange them on a wall or bulletin board or add them to your Journal notebook.

At the end of each day, evaluate how you did with your program goals. Ask yourself, **"If I lived every day exactly the same as this one, would I be likely to lose, maintain or gain weight?"** Then put a sticker on your calendar, using the following criteria:

- **Green sticker - Weight Loss Day**
Green stands for a solid day on your program. You stayed on your diet plan, perhaps did your exercise, and you managed temptations and food triggers well.
- **Yellow sticker - Maintain Day**
Yellow means caution— your day could have been better. Maybe you did a little extra eating along with no exercise.
- **Red sticker - Gain Day**
Red shows you had a poor day on your program. Maybe you had some extra snacks, alcohol or dessert, and you probably skipped your exercise plan.

At the end of each month, step back from your calendar and look at the colored stickers. You'll have a very clear picture of your actions and why your weight is going up or down.

The 100 Days Journey

Once you start the 100 Days Challenge, keep going. Treat the 100 Days program like a journey, not an event. Like running a race or taking a class, you can't make progress if you start and stop all the time. So once you begin, assume you're in this for the long run.

Let the 100 Days Challenge be your roadmap on this journey. Use it to keep track of where you've been as well as where you still want to go. Treat each day as a special gift that's going to improve your life in many ways. *Enjoy the trip!*