

weight loss checklist

- ☐ Set goals
- ☐ Track progress
- ☐ Meal planning
- ☐ Portion control
- ☐ Hydration
- ☐ Regular exercise
- ☐ Sleep schedule
- ☐ Stress management
- ☐ Healthy snacks
- ☐ Mindful eating
- ☐ Accountability partner
- ☐ Self-care routine
- ☐ Healthy habits
- ☐ Avoid fad diets
- ☐ Celebrate milestones

additional:

- ☐
- ☐
- ☐
- ☐
- ☐

notes:

Weight Loss Checklist

Kathleen Armour

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