

Day 7: Insert Rocky Theme Song Here

A little over a week ago, you started Personal Trainer Food and on the road to improving your health and looking great!

Chances are that you are feeling some positive changes right about now. How are your clothes fitting? A little looser? Do you see some of those trouble areas looking better in the mirror? Does your face look brighter? Good! Those are all signs that you are doing great!

Celebrate Your Week

This is a good time to take a little inventory of your week. How did it go? Jot down some things to talk with your Weight Loss Coach that you did that you are proud of. Here is a list of things you can use to celebrate your progress (that do not require a scale):

www.PersonalTrainerFood.com/rev/guidelines/Non-Scale-Victories.pdf

They can be related to your program or not, big or little—whatever comes to mind! What made you happy during the week? What pleasantly surprised you? How did you surprise yourself? What were your moments of strength with your program or life? Where did you find unexpected beauty? Did you connect with someone you love during the week?

All too often, we beat ourselves up and live in a state of regret rather than celebrating our successes. You might take your little note and hide it away somewhere you know you will find it in the near future. Happy notes like these can serve as joyful reminders of the celebration of living life to the fullest.

As you wrote your list, did you notice how many of these things were NOT about food? Remember when Niki said that food was her love? How is it that thinking about, shopping for and preparing food can take up so much of our time, energy and mind that we overlook the true celebrations of our lives?

What Challenged You?

No doubt some parts of the week were tough, even downright challenging for you. How did you do in those situations? Hopefully you were able to find moments of strength. If you stumbled a little, no problem. It is like getting a flat tire. You don't get out of your car and proceed to flatten the other three tires, you fix the flat one!

The way to do this on your program is to get out your daily schedule and write down what is going to happen in your week. What social events will you be engaging in? When will you have to consider eating out or taking your PTF cooler and food with you? Will you be interacting with people who are not supportive? Do you have to shop for or provide food for others that would be tempting to you?

Write those down on your schedule and then make note of how you are going to navigate them. As we said before, planning ahead will remove the emotion from these situations, and eventually you won't even have to think about how to stay on program at all.

5 Common Errors People Make on PTF and How to Autocorrect Them

We learn a lot from our customers, they are our greatest teachers. Here are the 5 most common ways people stumble on our program, and how you can avoid these pitfalls.

Sneaky, sneaky carbs. It seems like food manufacturers sneak carbs into EVERYTHING these days. Take a look at anything that you are adding to your PTF foods and read the label to check for hidden carbs. (Remember, you can have any sauce or dressing if it has 2 grams or less of sugar or carbs in it.)

Thinking Bland is Better. Some people want to stick exactly to the program and end up just eating plain vegetables. You don't have to do that! You can find ways to add a little variety with sauces and dressings. As we mentioned above, just read the label and you will be fine. Think spices, oils, hot sauces...go for it!

Using Food as Entertainment. On the other hand, if you found yourself saying 'the food is boring' even once, you need to check yourself. Food is not entertainment! Another sign of using food as entertainment is spending too much time poring over complicated recipes to make the food less boring. Another sign: if you spend time thinking about all the different substitutions you can make for your foods to stay on program, asking 'can I have this instead of that?' You must learn to not make food the focus of your day. Check out our "keep it simple, stupid" ideas that avoid the entertainment trap at: <https://www.personaltrainerfood.com/user/printable-recipes.php>

Exercise Temptation. At about the one week mark, many people are tempted by the calories in/calories out myth. When you eat natural food, calories are irrelevant—which makes exercising more to burn more calories even more irrelevant. Just stick to your walking, and you will do great!

Dehydration. Quick! Tell us exactly how much water you have been drinking every day! If you don't have a ready answer to this, chances are you are not drinking enough water. We like to see people drink at least 2-3 liters/quarts of water a day.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

Call us at [1-800-273-1686](tel:1-800-273-1686) x4

