

Ideal Weight Checklist

How do you know if you are at your ideal weight? Use this simple checklist to help you identify what you may need to change to find your ideal weight. Talk to your coach to find out how to change where you fall short.

Nutrition

- I eat organics 80-100% of the time ☐
- I haven't been eating dairy (milk, cheese, yogurt, ice cream) ☐
- I rarely drink (1 drink /week) ☐
- I drink 50% or more of my body weight in ounces of water daily ☐
- I feel satisfied and energized after I eat ☐
- Are you eating the appropriate amount of protein, fats and carbs ☐

Activity

- I can do all the activities that I need or want to do without major issue ☐
- I have energy to spare after a full day of work ☐

Sleep

- I consistently feel well rested after a night of sleep ☐
- I go to bed and wake up at approximately the same time daily ☐

Body Functionality/Efficiency

- I have regular bowel movements daily ☐
- I have adequate flexibility to complete most tasks without struggle ☐
- I'm getting stronger ☐

Weight

- My weight has been the same for at least 1 month (+ or—3 lbs) ☐