



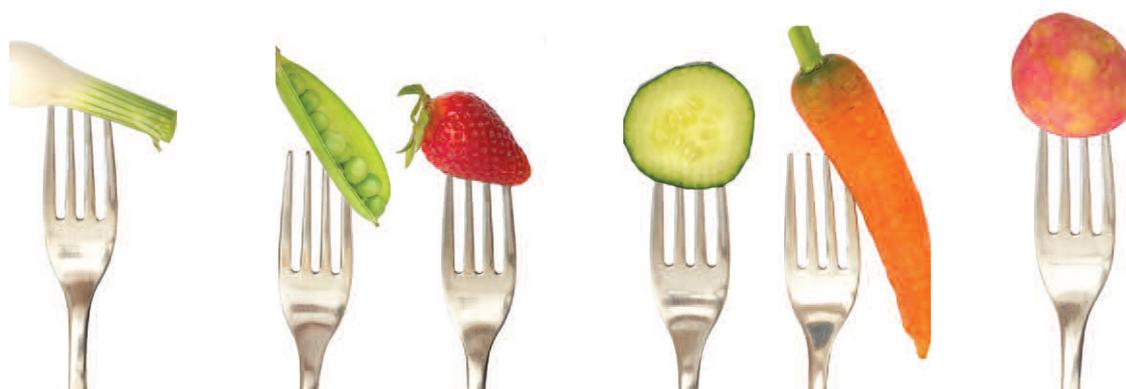
Working in partnership with

nationalgrid

nationalgrid

£4lb Weight Loss Challenge

4 Week Personal Action Plan



This 4-week plan is perfectly balanced yet incredibly simple to follow. Use it to kick start a healthier lifestyle. Simply complete these eight "I WILL" statements each day and monitor your progress using your personal action plan (shown on the next page).

I WILL:

Week 1.

Cut your calorie content by 10 percent - cut out high calorie/low nutritional items. Use your Calorie Tracker (see £4lb Information booklet).

Increase my steps - Try and achieve 3.5 hours of moderate exercise each week **or** 10,000+ steps per day

Week 2.

Eat breakfast - Start each day with a healthy breakfast to provide you with all your daily energy needs.

Implement a 'no food after 7.30pm' curfew - no TV snacking (unless you have a medical condition that advises against).

Week 3.

Cut down on fats and sugary foods - eat lower fat alternatives unless lower sugar foods

Eat smaller portions of carbohydrates - eat fewer carbohydrates such as bread, rice, pasta and potato.

Eat more fruit & vegetables (5+ a day is ideal) - use salad and vegetables to replace bulky carbohydrates.

Week 4.

Drink more water - drink at least 6 to 8 glasses to keep hydrated.

Drink less alcohol - cut down on alcohol consumption.

Track your progress and each day give yourself a tick if you managed to do something that contributed to each statement. Remember the 80 / 20 rule – try to complete your action points on a regular basis - at least 5 days out of 7 each week.

Continue to track your success for 4 weeks...you will probably find that at the end of 4 weeks you are doing these things without thinking about it; in other words they have now become habits. You should also notice that your weight and waist is starting to improve! Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed sense of wellbeing

Each week let your team manager know how much weight you have lost

End Week 1

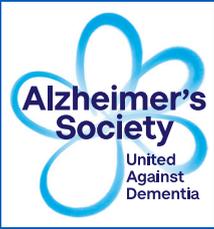
End Week 2

End Week 3

End Week 4

Total weight loss achieved





Working in partnership with

nationalgrid

nationalgrid

£4lb Weight Loss Challenge **Personal Action Plan**

Place this in a visible place and tick each box daily if you have been successful for each of the 'I WILL' statements

Week 1 - I WILL	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Cut your calorie content by 10 percent							
Increase my steps							
Eat breakfast							
Implement a 'no food after 7.30pm' curfew							
Cut down on fats and sugary foods							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Drink more water							
Drink less alcohol							
I kept to my plan today (✓ if yes; ✗ if no)							
Week 2 - I WILL	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Cut your calorie content by 10 percent							
Increase my steps							
Eat breakfast							
Implement a 'no food after 7.30pm' curfew							
Cut down on fats and sugary foods							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Drink more water							
Drink less alcohol							
I kept to my plan today (✓ if yes; ✗ if no)							



Working in partnership with

nationalgrid

nationalgrid

£4lb Weight Loss Challenge **Personal Action Plan**

Place this in a visible place and tick each box daily if you have been successful for each of the 'I WILL' statements

Week 3 - I WILL	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Cut your calorie content by 10 percent							
Increase my steps							
Eat breakfast							
Implement a 'no food after 7.30pm' curfew							
Cut down on fats and sugary foods							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Drink more water							
Drink less alcohol							
I kept to my plan today (✓ if yes; ✗ if no)							
Week 4 - I WILL	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Cut your calorie content by 10 percent							
Increase my steps							
Eat breakfast							
Implement a 'no food after 7.30pm' curfew							
Cut down on fats and sugary foods							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Drink more water							
Drink less alcohol							
I kept to my plan today (✓ if yes; ✗ if no)							



Working in partnership with

nationalgrid

nationalgrid

