

## SESSION 10

# THE 12-WEEK MASTER PLAN: A BLUEPRINT FOR SUCCESSFUL WEIGHT LOSS

### OBJECTIVES

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- *Use seven guidelines for an effective action plan.*
- *Use the daily and weekly diaries to record and monitor your progress.*
- *List the six indicators of weight control success.*

### BACKGROUND

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The importance of this session is to establish the habit of record-keeping. By monitoring your progress on *The New Neuropsychology of Weight Control* you will be able to pinpoint your strengths and weaknesses. This will enable you to reinforce your strengths while overcoming your weaknesses. Successful weight losers keep daily and weekly progress records and study those records for inspiration and motivation.

### PRACTICE

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1. Listen to/read audio Session IX , “The 12-Week Master Plan: How to Develop Your Personal Blueprint for a Lean, Healthy and Energetic Body.” Make notes on how you will use the seven guidelines below.

### THE SEVEN GUIDELINES FOR EFFECTIVE ACTION

1. Exercise \_\_\_\_\_
2. Food and drink choices \_\_\_\_\_
3. Be easy on yourself, set realistic expectations \_\_\_\_\_
4. Be patient \_\_\_\_\_
5. Draw strength from your sensory goal \_\_\_\_\_

6. Set daily performance goals \_\_\_\_\_

7. Evaluate your progress \_\_\_\_\_

2. Scan the Weekly Eating Log, The Weekly Exercise and Nutrition Log and the Daily Feelings and Emotions Log at the end of this study guide session. We suggest that you print these forms as you need them and fill them out by hand.

3. List the six indicators of success as the narrator describes them to you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## **POINTS TO REMEMBER**

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- Keep your seven guidelines visible and refer to them frequently until they become a part of your daily routine.
- Try to keep a daily journal of your thoughts, feelings and progress in the early stages of your weight control program.
- Become aware of the six indicators of success and look for the presence of those indicators as you progress through your weight control effort.

## **PROGRESS CHECK**

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### **The Four Point Daily Plan:**

1. Keep your perspective of the program simple—exercise daily for 1 hour; eat less fat, sugar, and white flour-based foods; and reduce your intake of sweet drinks. Eat more complex carbohydrates and lean meats. Drink more water.

2. Set daily performance goals.
3. Monitor your progress toward your performance goals during the day.
4. Review and analyze your progress at the end of the day.

Your self-defeating habits and behaviors will resist your effort to change. Anticipate in advance what they will be and develop strategies to overcome each.

Unlike low-calorie diet programs, *The New Neuropsychology of Weight Control* has no maintenance program in which you gradually increase the amounts of food you eat and your calorie intake back to “normal.” Such a program is not necessary. You are able to eat all you want on this program—the key is eating the right kinds of foods. By the time you achieve your ideal goal weight your new behaviors will have become a permanent part of your lifestyle.

Don’t allow your program to be intentionally or unintentionally sabotaged by others. Develop anti-sabotage strategies.

Use *The New Neuropsychology of Weight Control* in tandem with a spouse or friend.

Adopt the philosophy of child-like wonder and enthusiasm. Play, enjoy fresh air, see the beautiful in the mundane. This philosophy will keep you mentally and physically fresh, vitalized and young.



(It is recommended that you print out multiple copies of this page and fill out the form by hand)

<b>WEEKLY EATING LOG</b>				
WEEK OF _____	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

