

4 Steps To Lasting Fat Loss

Habit Building + Fat Burning

HABIT: a settled tendency or usual manner of behavior; an acquired mode of behavior that has become nearly or completely involuntary

You can change your behavior for a short period of time and get short term results, or we can habits that create sustainable results.

40% of our daily behavior comes from our habits. If we have a lot of unhealthy habits, it's much more difficult to be successful compared to someone who has developed a lot of healthy habits.

Habitual Behavior

03

A form of automatic or routine behavior; behavior that people repeat, because it's easy, comfortable and/or rewarding

Examples include:

- brushing your teeth
- biting your nails
- stopping at a fast food restaurant on your way home from work
- obsessively checking email/social media
- shaving/moisturizing
- eating something sweet before bed
- procrastinating
- self-talk (positive or negative)

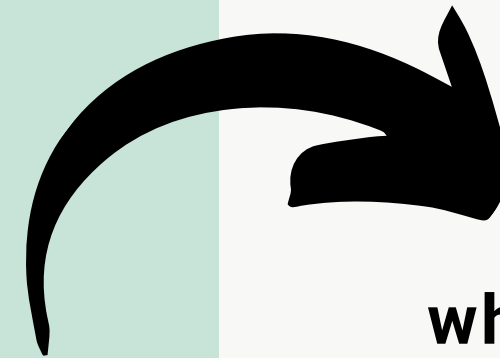
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**what's something
you do automatically
every day?**

Habit Building 101

05

1. Start with something small

Make it so easy you can't say no — Leo Babauta

2. Aim to be 1% better every day

Success is a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day — Jim Rohn

3. As you build, break things up

E.g. Break up 30 minutes of movement into three 10 minute sessions

4. When you slip up, wipe the slate clean and move forward

The best way to improve your self-control is to see how and why you lose control — Kelly McGonigal

5. Be patient

The Power of Less

06

Willpower is a muscle.

And just like any other muscle, it gets fatigued throughout the day.

This is why motivation ebbs and flows; why sometimes you "feel like it", and other times, you don't.

In order to be successful you must bypass motivation (unreliable) and pick something so small you feel 90% confident you can do it.

Make it easy enough that you can get it done without motivation.

For example: Aim to eat 1 veggie per day vs. a veggie at every meal

The Power of Less

07

Focusing on less helps you achieve more.

Leo Babauta, author of the bestselling book [The Power of Less](#)

"I assure you that if you do multiple habits at once, you will be much less likely to succeed. Trust me – I've tried both ways many times, and in my experience there is 100% failure for forming multiple habits at once, and a 50-80% success if you do just one habit at a time – depending on whether you follow the rest of these rules."

His other rules include: Choose an easy goal, make it measurable, be consistent, report daily, and keep a positive attitude

Daily Fat Loss Habits

08

1. Exercise for 30+ minutes
2. Drink half of your body weight in ounces of water
3. Eat 4-6 cups of vegetables (25-35g of fiber)
4. Sleep 7-9 hours
5. Eat slowly and stop eating when 80% full
6. Eat lean protein with each meal
7. Choose smart, fiber-containing carbs whenever possible
8. Minimize refined carbs as much as possible
9. Eat at regular intervals
10. Increase non exercise activity (N.E.A.T.) as much as possible

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**what ONE, small habit
are you committed to
focusing on this week?**

10



Your Action Step:

Pick ONE fat loss habit to focus on for the next 14 days. Track your compliance and when ready (80+ % compliant), add a second habit.

Open Discussion!