

Losing Weight Index

- Day 1 Reasons Why**
You've got a lot of good reasons to lose weight. Thinking about them often will help you succeed.
- Day 2 Outline**
There's a lot you can do in 42 days! Today we'll give you a roadmap of where we're headed.
- Day 3 Hostile Environment**
We are surrounded by processed food products readily available. It takes a certain mentality to go against the tide.
- Day 4 Skills You'll Need**
Losing weight is like learning to play an instrument. The skills you'll need are cumulative. Learn one, and the second becomes easier. As you accumulate weight management skills, it gets easier and easier.
- Day 5 Any Reasonable Diet Can Work**
It doesn't matter which one it is, what matters is that you chose it and you follow it. Regardless of what diet you pick, we're going to teach you skills you'll need in the long run.
- Day 6 Many Small Meals - 1**
Getting too hungry can cause you to overeat. Eating small, healthy meals frequently throughout the day helps you avoid that.
- Day 7 Many Small Meals - 2**
What if you had to create small healthy meals and snacks using only food you can find at a convenience store? Sounds impossible, doesn't it? Let's find out.
- Day 8 Counting the Days**
Give yourself a visual reminder of your progress that will motivate you each and every day.
- Day 9 Home Sabotage Removal**
Creating a supportive environment for yourself will help you stick to your plan until you've reached your goal. Today, overhaul your environment by ridding it of tempting "trigger" foods.
- Day 10 Portion Control - 1**
Portion control is the single most powerful tool you have. It's more powerful than what you choose to eat. It's more powerful than exercise.
- Day 11 Portion Control - 2**
Businesses want to sell you more food in larger portions. Learn to decide how much you, not they, want you to eat.

- Day 12 S.T.O.P. Method**
You know that voice inside your head that constantly criticizes you? There is a simple method for stopping negative thoughts in their tracks and replacing them with positive thinking.
- Day 13 Nutrition Experiment - 1**
Today we'll try a nutrition experiment to explore the effects of different nutritional elements on your body, so you can learn to eat the foods that help you lose weight more easily.
- Day 14 Nutrition Experiment - 2**
Here's what happened in yesterday's experiment.
- Day 15 Food Log**
Keeping a food log is an excellent way to gain insight into when, what and why you eat.
- Day 16 Trigger Foods - Excluding**
Trigger foods are foods that set you off, where suddenly you find yourself eating the whole thing. There are two tricks to learning how to enjoy these foods and not be controlled by them, and we'll show you both.
- Day 17 Trigger Foods - Mastering**
You can learn to master your trigger foods by using what you've learned in portion control.
- Day 18 Close the Kitchen at Night**
If you're a habitual late-night snacker, shutting down the kitchen early is one of the easiest, and most effective, things you can do to help achieve your goal.
- Day 19 Hunger vs. Cravings**
Eating naturally is based on a very simple premise -- eat when hungry, stop when full. You can rediscover the natural skill you were born with.
- Day 20 Slow Down and Lose Weight**
Sitting down every single time you eat forces you to pay attention to what you're eating.
- Day 21 Drink Up**
Now surely you've heard about the long-term health benefits of drinking lots of water, but we're here to tell you that drinking water has immediate benefits.
- Day 22 Fork Down**
Savor your food and you'll get more satisfaction out of less.
- Day 23 A Plan That Works For You**
No matter which type of plan you gravitate towards, make sure that it's healthy and allows you to eat nutritious foods and consume enough calories to feel satisfied throughout the day.

- Day 24 Savor Every Bite**
One of the main causes of overeating is simply eating too quickly -- so quickly, in fact, that you don't even enjoy what you're eating.
- Day 25 Social Expectations**
To make it a little easier on yourself while you are dieting, you may want to think about making some slight adjustments to how you spend your time.
- Day 26 Weighing In**
Keeping track of your weight gives you a starting point against which you'll be able to measure your progress along the way.
- Day 27 Building Confidence**
Starting today, give yourself credit for every little thing you do in support of your goal.
- Day 28 Being In Motion**
How do you develop an exercise habit, if you don't have one today? Here's how.
- Day 29 Tolerate Hunger**
Learning to tolerate a little bit of hunger can help you eat less and lose weight.
- Day 30 Track Accomplishment**
Celebrating your accomplishments boosts your self-esteem and feeds your motivation.
- Day 31 Unplanned Eating**
Saying no to unplanned eating may seem unfamiliar at first, but once it becomes a habit, it will make losing weight a whole lot easier.
- Day 32 Discourage Discouragement**
It's totally normal to feel discouraged from time to time, but how you handle such setbacks determines whether or not you'll ultimately stick to the program.
- Day 33 Saying No**
It's a simple word, but saying no to others can be surprisingly difficult. But it can help you be successful.
- Day 34 Soothe Your Emotions**
Negative emotions can drive you to eat. Learn to deal with these emotional eating landmines without turning to food.
- Day 35 Redefine Full**
How do you know when it's time to stop eating?
- Day 36 Find Things You Enjoy More Than Eating**
There are things you can do to make you more comfortable while still resisting the urge to eat.
- Day 37 Stay on Track**
Every time you make and stick to a plan, you are that much closer to making it a habit.

Day 38 Food Pushers

When you're on a diet, it seems like there are food pushers everywhere. Learning to turn them down is a key skill for successful weight loss.

Day 39 Eating Out

Eating with others is an integral part of our lives. Having a plan will help you stick to your diet.

Day 40 Take It On The Road

Traveling can throw a wrench in your diet. Having a well thought-out plan ready ahead of time will help you stay on track, or at least not veer too far off course.

Day 41 Believe In Yourself

Now's the time to give yourself credit for how much you've learned and reaffirm your belief in yourself that you can do it.

Day 42 Congratulations!

Congratulations! Today is the last day of this program, but it's only the beginning of what you can do with what you have learned, and are still learning.