Declutter Your Diet

If you feel like it's time to lose weight, I have one thing for you to keep in mind: It's not about the diet, it's about the decision. To deal with the fat that clings to your hips, you need to look beyond the number on the scale. Instead of focusing on the foods you should be eating, it's time to find the motivation, commitment, and ability to live the life you dream of.

Use this chart to help you identify healthy new behaviors to replace the bad habits you'd like to change.

Instead of...	I will...

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Sign: _____ **Date:** _____