

# S.M.A.R.T.steps To Better Health



STEP 4: THE PERFECT WEIGHT

FEEDING THE VISION

WEEK 4

Wgt. (lbs)	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24



## “Let my perfect weight be”

### Watering the Seed

If you have been diligent with your journaling, breathing, imagery, and getting rest, you should be feeling pretty good. It's now time to water the seeds that have been planted (more seeds to come). To do this we will focus on nutrition for the next 3 sessions. There will be no dieting, just healthy eating. As before there are three tasks for this week:

#### 1) Determine Your Perfect Weight:

One of the easiest calculations to determine an ideal body weight is to use the body mass index (BMI). While a BMI over 25 is considered to be overweight, our target will be a weight that does



not exceed a BMI of 27. Using the chart above, find your height and then pick a weight that will allow you to have a BMI that is 27 or below. Write it down. Then say “My perfect weight is \_\_\_\_lbs. Let my perfect weight be”. Then ask yourself the question “what do I need to do to achieve and maintain my perfect weight?” Saying this often will cause your subconscious to be on the look out for solutions that will work for you. Then find pictures of your perfect weight, and place them on your vision board (if you have not). Cover the faces to make it easier to imagine the body as belonging to you.

**2) Food Audit:** Using the attached food list, perform a three day food audit. Place an “X” in the box of the item each time that you consume it in a day. If your exact food is not on the list, place an “X” on a representative food (or add your food). Notice where your X's concentrate. The

goal is to get most of your X's in the “Eat Often” and “Eat Most Often” columns.

- ☒ ideal weight
- ☒ food audit
- ☒ mindful eating

**3) Mindful Eating:** If you are like most you probably routinely take a few chews and then swallow. You may even eat so fast that you don't remember eating. Well for this week try “mindful eating”. With mindful eating you are *present*, with particular attention to the smell and texture of your food. You also will chew until the contents of your mouth are nearly liquid before you swallow. Do this a few times and eating will never be the same ;-)

The strategy with this section is to see yourself as you want to be, and ask what you need to do to get there. As you continually ask the question, you will begin to “see” the resources that you need. Think about when you were interested in a certain car... you start seeing more of them on the street. This is because we see what we focus on. The resources you need have always been there, but now you will see them because your focus has changed.







	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				