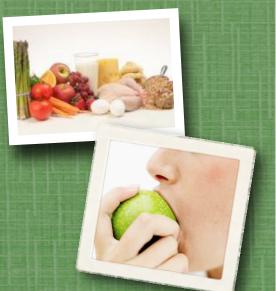
S.M.A.R.T.steps To Better Health

STEP 4: THE PERFECT WEIGHT

FEEDING THE VISION

												1								
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'	ALC: NO
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	1
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	1
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	5
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	



WEEK 4

"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 you 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.



3) **Mindful Eating:** If your 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.



EAT MOST OFTEN	EAT OFTEN	EAT OCCASIONALLY	EAT RARELY			
walnuts, almonds & other nuts	apples, bananas	apple sauce	bagels			
black beans and other legumes	asparagus, avocados	baked beans	beer, regular			
spinach & other green vegetables	brown rice, tofu	baked fries, sweet potato	white bread			
dairy	canadian bacon, lean meats	lean beef jerky, ham, lamb,	brownies			
instant oatmeal	canola oil, peanut oil, sesame oil	diet soft drinks, light beer	fast food burgers			
eggs	citrus or fruit, juices, no sugar added	dark or milk chocolate	frozen burritos			
turkey, chicken, fish	broccoli, brussels sprouts	unsweetened coffee	cake, candy, cookies, doughnut, pies			
peanut butter	edamame, eggplant, lentils	pretzels, protein bars,	fruit juice sugar added			
olive oil	flax, sunflower, and pumkin seeds	crackers, whole wheat	sugary cereals			
whole-grain breads and cereals	mushrooms, onions, garlic	cream cheese, low-fat	fried chicken and seafood, fish sticks			
extra protein powder (whey)	nut butters, almond and cashew	egg salad, macaroni, coleslaw	chips			
blueberries and other berries	whole wheat pasta w/ tomato sauce	dips- low fat, honey, guacamole	cinnamon rolls, scones			
carrots, tomatoes	peaches, prunes, melons	graham crackers, granola bars	high sugar coffee, soft drinks			
	peas, peppers, corn	granola, low fat, trail mix, pretzels	french fries			
<u> </u>	pita, whole wheat	ice-cream, low fat, sherbet	hot dogs, pork sausage			
<u> </u>	popcorn, fat free	jam or marmalade	jellies			
x x x	potatoes, baked, sweet or white	jell-o, sugar free, low fat pudding	malts, ice cream			
x x x	salsa,	lasagna, lunch meat	margarine			
x x x	shellfish,, bivalves, steamed or baked	frozen yogurt	restaurant nachos			
x x x	tea, vegetable juice	white rice, whole grain waffles	non-dairy creamer			
x x x	wine (1-2) glasses	margarine, trans fat free	packaged deserts			
x x x		mayo, reduced fat	pancakes from white flour			
x x x	x x x	meatball subs	pasta with creamy sauce			
x x x	x x x	muffins, grain	pizza			
x x x	x x x	pasta, white flour, tomato sauce	creamy salad dressing			
x x x	x x x	pork tenderloin, tuna, veal	refried beans			
x x x	x x x	tuna salad, sushi	toaster pastries			
x x x	x x x		fried vegetables			
x x x	x x x	x x x	waffles from white flour			
x x x	x x x	x x x	whipped cream			
x x x	x x x	x x x	popsicles			
x x x	x x x	x x x				
x x x	x x x	x x x	x x x			
x x x	x x x	x x x	x x x			

EAT	MOST OF	TEN	E	EAT OFTEI	N	EAT	OCCASION	ALLY	EAT RARELY			
walnuts, almonds & other nuts			apples, bananas			apple sauce			bagels			
black beau	1s and othe	r legumes	asparagus, a	vocados		baked beans			beer, regular			
spinach &	other green	vegetables	brown rice, tofu			baked fries, sweet potato			white bread			
dairy			canadian ba	con, lean mea	its	lean beef jerky, ham, lamb,			brownies			
instant oatr	neal		canola oil, p	oeanut oil, ses	same oil	diet soft drinks, light beer			fast food burgers			
eggs			citrus or fru	iit, juices, no s	sugar added	dark or milk chocolate			frozen burritos			
turkey, chick	en, fish		broccoli, bru	ussels sprout	S	unsweetened coffee			cake, candy, cookies, doughnut, pies			
peanut butte	er		edamame, e	ggplant, lentil	S	pretzels, protein bars,			fruit juice suga	fruit juice sugar added		
olive oil			flax, sunflow	ver, and pump	kin seeds	crackers, whole wheat			sugary cereals			
whole-grain	breads and	cereals	mushrooms	, onions, garli	с	cream cheese, low-fat			fried chicken a	fried chicken and seafood, fish sticks		
extra proteii	n powder (v	vhey)	nut butters,	almond and	cashew	egg salad, macaroni, coleslaw			chips			
blueberrie	es and othe	r berries	whole whea	it pasta w/ to	mato sauce	dips- low fat, honey, guacamole			cinnamon rolls, scones			
carrots, to	matoes		peaches, pru	unes, melons		graham crackers, granola bars			high sugar coffee, soft drinks			
x	x	x	peas, peppe	rs, corn		granola, low fat, trail mix, pretzels			french fries			
x	x	x	pita, whole	wheat		ice-cream, low fat, sherbert			hot dogs, pork sausage			
x	x x x			popcorn, fat free			jam or marmalade			jellies		
x x x			potatoes, baked, sweet or white			jell-o, sugar free, low fat pudding			malts, ice cream			
x	x x x		salsa, tomatoes			lasagna, lunc	ch meat		margarine			
x	x	x	shellfish,, biv	valves, steame	ed or baked	frozen yogu	irt		restaurant nac	nos		
x	x	x	tea, vegetab	le juice		white rice, v	whole grain w	affles	non-dairy crea	mer		
x	x x x			wine (1-2) glasses			trans fat free		packaged dese	rts		
x	x x x					mayo, reduc	ed fat		pancakes from	white flour		
x	x	x	x	x	x	meatball sul	bs		pasta with crea	imy sauce		
×	x	x	x	x	x	muffins, grai	in		pizza			
x	x	x	x	x	x	pasta, white	flour, tomato	sauce	creamy salad d	ressing		
x	x	x	x x x			pork tenderloin, tuna, veal			refried beans			
x	x	x	x	x	x	tuna salad, sushi		toaster pastries				
x	x	x	x	x	x				fried vegetable	S		
x	x	x	x	x	x	x	x	x	waffles from w	hite flour		
×	x	x	x	x	x	x	x	x	whipped cream	1		
x	x	x	x	x	x	x	x	x	popsicles			
×	x	x	х	x	x	x	x	x				
×	x	х	x	x	x	x	x	x	x	x	x	
x	x	x	x	x	x	x	x	x	x	x	x	

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
	•			