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

| Wgt. <br> (lbs) | $4^{\prime} 10$ " | 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 | $1 t$ |
| 135 | 28 | 27 | 26 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | $1 t$ |
| 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 | $1 \varepsilon$ |
| 150 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | $1 \varepsilon$ |
| 155 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 15 |
| 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 | 21 |
| 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 | 2 |
| 185 | 39 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 2 |
| 190 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 2 |
| 195 | 41 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 2 |



## "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 $\qquad$ 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.

## $\square$ ideal weight Ifood audit I mindful eating

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 pumpkin 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 |
| X X - | peas, peppers, 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 $\quad$ x ${ }^{\text {c }}$ | 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 $\quad$ X | salsa, tomatoes | lasagna, lunch meat | margarine |
| X X X | shellfish,, bivalves, steamed or baked | frozen yogurt | restaurant nachos |
| x $\quad$ x ${ }^{\text {c }}$ | 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 $\quad$ x ${ }^{\text {x }}$ | X $\quad$ x ${ }^{\text {a }}$ | muffins, grain | pizza |
| X X X | X X X | pasta, white flour, tomato sauce | creamy salad dressing |
| X X X | X $\quad$ 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 |
| $\mathbf{X}$ X X | X X X | x $\quad$ x ${ }^{\text {x }}$ | waffles from white flour |
| X X X | $\mathbf{X}$ X ${ }^{\text {x }}$ | X $\quad$ x | whipped cream |
| X X X | x $\quad$ x ${ }^{\text {x }}$ | x $\quad$ x | popsicles |
| X X X | X X - |  |  |
| $\mathbf{X}$ X ${ }^{\text {X }}$ | X X X | x $\quad$ x | X X X |
| x X x | X $\quad$ x | $x \quad x \quad x$ | $x \quad x \quad x$ |



