



Dr. Mike's 7 Step Weight Loss Plan



Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

Step 7: Tracking

Dr. Mike



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

No Matter How Good the Plan, You Need to Follow It

The seventh and final step in your *7 Step Weight Loss Plan* doesn't include any new additions to your diet plan, it is here to make sure that you actually follow the plan and develop the habits that were outline in the previous 6 steps.

The Weight Loss Will Come

You don't actually have direct control over your body's ability released stored fat and using it as energy. But you do have control over your habits and actions that will cause your body to lose weight.

This is why this entire program is centered on developing and focusing on healthy habits and actions. Consistently do the things outline in this program and the weight will come off.

Tracking Your Adherence

Since it is your daily habits and actions that will determine your weight loss, we need to track how well and consistently you are carrying out these habits.

This is where your tracking sheets come into play. You are to select 2

habits to focus on, only two, for 14 days. If you can successfully execute these habits each day for 14 days, then you can select 2 new habits to focus on. Each day you will still execute the habits that you previously *mastered* but now you will have 2 more habits on your daily action list.

Continue in this fashion until you have all 6 habits mastered. If at anytime you falter in executing any of the daily habits, just put that habit back on your active habit list.

Use the adherence charts included with this program for simple tracking of your progress.

Your Long Term Success

Creating the nutritional foundation that is laid out in this 7 Step Weight Loss Plan is essential in your long term success.

The habits of eating fruits and vegetables at each meal, snacking on foods that support sustained energy and curb hunger, while fueling your body with nutrient rich foods is essential no matter what your health and fitness goals become after you graduate from this program.