

# Weight Loss Checklist

A practical, day-by-day checklist for building sustainable weight-loss habits at home.

## Set Realistic Goals

- Define your reason for losing weight and write it where you will see it daily  
A clear 'why' helps you stay motivated on hard days.
- Set a target weight range rather than a single fixed number
- Aim for a gradual pace of about 0.5 to 1 kg (1 to 2 lb) per week
- Break the big goal into small monthly milestones
- Pick one habit to start with this week instead of changing everything at once

## Build a Balanced Plate

- Fill half your plate with vegetables or fruit at most meals
- Include a source of lean protein at each meal  
Protein helps you feel full and protects muscle while losing weight.
- Choose whole grains over refined ones when you can
- Use a smaller plate and serve sensible portions
- Cut back on sugary drinks and swap to water, tea, or coffee
- Plan and prep meals or snacks ahead so you are not caught hungry

## Move More Each Day

- Aim for at least 150 minutes of moderate activity across the week
- Add 2 strength sessions per week to maintain muscle
- Take a daily walk and gradually increase your step count
- Build movement into routines like taking stairs or short stretch breaks
- Choose activities you genuinely enjoy so you keep doing them

## Hydration and Sleep

- Drink water throughout the day and before meals
- Limit alcohol, which adds calories and can weaken food choices
- Aim for 7 to 9 hours of quality sleep each night
- Keep a consistent bedtime and wake-up time
- Wind down without screens for 30 minutes before bed

## Track Your Progress

- Weigh yourself at most once or twice a week at the same time
- Take body measurements or progress photos every few weeks  
The scale alone can be misleading; measurements show real change.
- Note how clothes fit, your energy, and your mood
- Keep a simple food and activity log a few days a week
- Review your week and adjust one thing if progress stalls

## Mindset and Staying Consistent

- Plan for setbacks and restart without guilt after an off day
- Practice mindful eating: slow down and stop when comfortably full
- Manage stress with walks, breathing, or hobbies instead of food

- Celebrate non-scale wins like better sleep or stronger workouts
- Tell a friend or family member to add support and accountability
- Important: This checklist is general information, not medical advice. Consult your doctor before starting a new weight-loss program, especially with a health condition, injury, or pregnancy.