

Visualise your goals

Visualise your goals, whether they are small or large, and make it easy and simple to follow the plan day by day. Creating boxes for ticking off points during the day is a satisfaction/a pat on the back for yourself and therefore feels motivating.

- Create a schedule for the period of time, it can be for the week or the month, and a column for each day.
- Make rows of the things you want to achieve. E.g. kcal per meal, kcal per day, snack, water, hunger, mood, weight.
- You are now ready to enter daily results in the table. On the following pages, you can make plans per day.
- Enter the weekday and possibly your goal as a heading, e.g. "Monday 2,150 kcal".



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- Make a list of the day's plans, e.g. meals, their content, kcal, water, etc.
- Every day transfer the achieved result to the schedule.

>> **CLICK!**
- to learn more:



Oxford My Colours

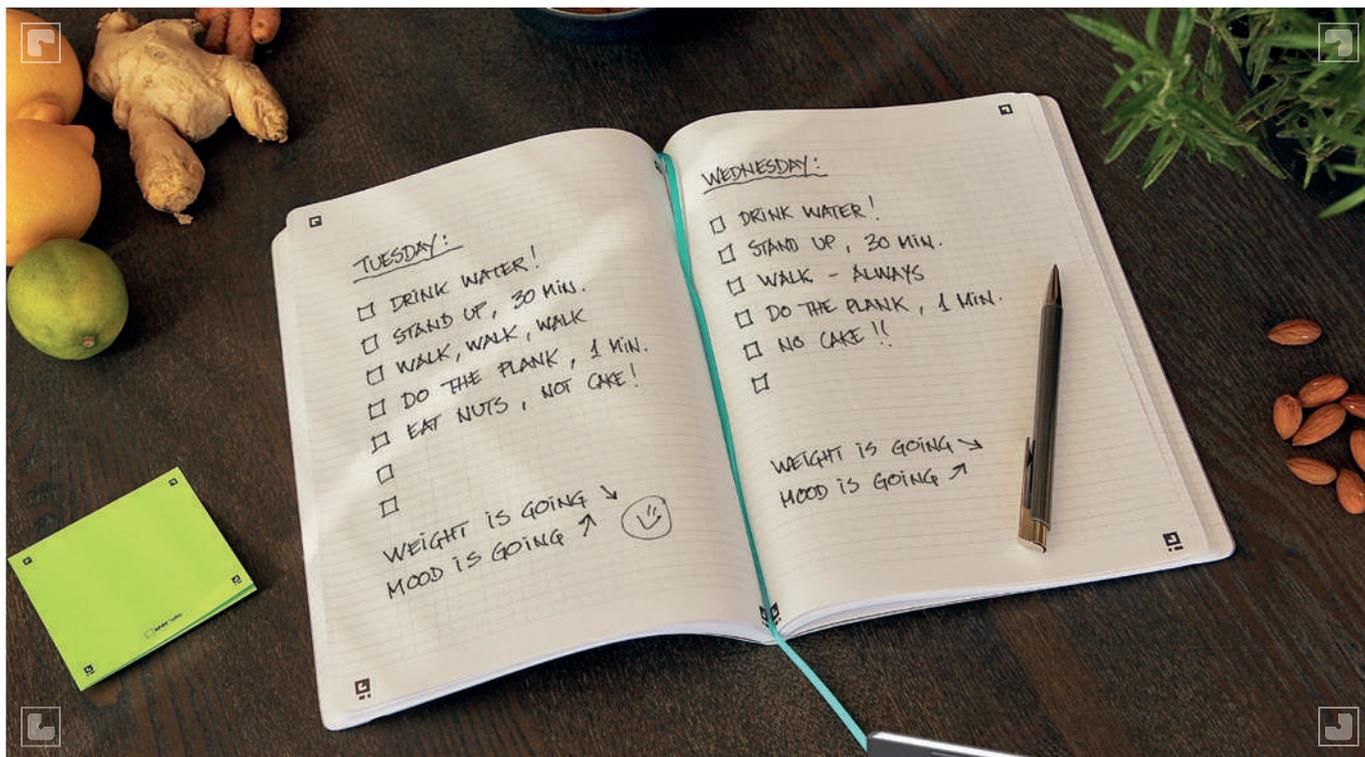


Oxford Urban Mix

TIP!
A diet plan doesn't have to contain healthy food only. You can allow some treats or snacks, as long as these are controlled and in small quantities. Many people find that "sinning" ruins their motivation to stick to a diet plan – "Now it's ruined anyway" – and then they let loose and eat away. Leave room for some unhealthy treats, something you can look forward to.

WE RECOMMEND!
My Colours in fresh, life-affirming colours that radiate energy. The cover is plastic and protects your notes, so that you can use your notebook daily without damaging it. Urban Mix has an extra thick protective cover and is good if you take your notes with you everywhere.

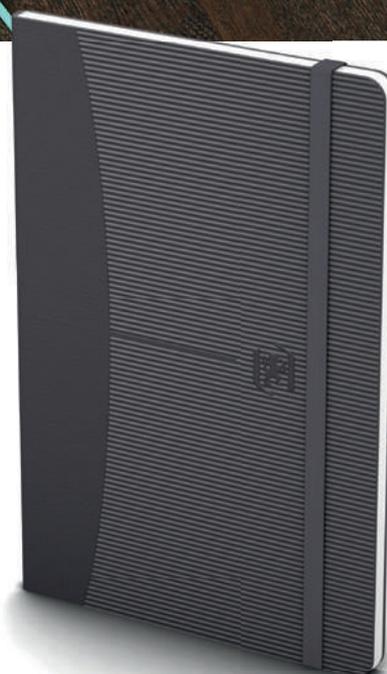




Deciding

Writing things down is the same as deciding to go through with something. It doesn't have to be schedules or detailed plans. A few keywords can be enough to activate and motivate you.

- Think about the things that are realistic for your daily life and write them down. For example:
 - "Stand up by the computer for 30 mins."
 - "Walk during lunchtime "
 - "Plank 1 min."
 - "Walk to shop for groceries"
 - "Drink water"
 - "Eat nuts instead of cake"
 - ...etc.



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TIP!

Share your notes. You'll probably get a positive response from colleagues, friends, etc. If you are a group, you can motivate each other.

WE RECOMMEND!

Signature is a series of personal notebooks with elastic closure and a pocket for storing loose documents. With SCRIB-ZEE®, you can easily share your plans.

