



## GETTING STARTED CHECKLIST

As a VIP member, you've raised your hand and declared that you want more accountability and want to jump-start your weight loss journey so that's what I'm here to help you do. You will be doing MORE than the non-VIP challengers but you will also have a lot more support and tools.

Sometimes getting started can be the most challenging part of the journey; there's so much to consider you might feel overwhelmed and think about quitting or you might start off pumped and motivated and then feel defeated after a few days because you can't maintain the momentum.

This checklist will help you to avoid these pitfalls by preparing you for what's ahead. The checklist is divided into 5 categories which form the acronym S.H.A.P.E. Remember that through the power of the Holy Spirit, God will SHAPE you into his image as you draw closer to

Him. Ready? Let's Go!

*Cathy Morenzie*

## The Pre-preliminary Checklist

Read the introduction in the *Weight Loss, God's Way* book, which includes everything before 'Day 1.'

Invest in a journal or use an electronic device to record insights.

Take your starting measurements (optional but motivating) and record them in a journal.

Invest in a white board or calendar to track your progress.

<p style="text-align: center; font-size: 48pt; font-weight: bold;">S</p>	<p><b>Sensible eating</b></p> <ol style="list-style-type: none"> <li>1. Are you willing to cut down or cut out certain types of foods? Write down what foods you will be giving up.</li> <li>2. Can you commit to planning out your meals for the week/day? And be accountable for it?</li> <li>3. Are you willing to track your food intake? Register at <a href="http://myfitnesspal.com">myfitnesspal.com</a></li> </ol>
<p style="text-align: center; font-size: 48pt; font-weight: bold;">H</p>	<p><b>Habits</b></p> <ol style="list-style-type: none"> <li>1. Are you ready to check in daily?</li> <li>2. Can you commit to carving out some time to do your daily reading of the Weight Loss, God's Way book, watching the daily video and posting in the Facebook group (approx.. 15 min)?</li> </ol> <p>Please let me know if there are any of these areas that you are not in agreement with.</p>
<p style="text-align: center; font-size: 48pt; font-weight: bold;">A</p>	<p><b>Attitudes</b></p> <ol style="list-style-type: none"> <li>1. Are you ready to change the way you think? To see your health from God's perspective and not your traditional way.</li> <li>2. Do you know what situations/people/circumstances might derail you?</li> <li>3. Are you open to being coached?</li> <li>4. Commit to a 100% guilt free, condemnation-free, judge-free challenge. You will not do this 100% and that's okay. If you could you would not need God. You are right where you need to be and where you are is perfect. Maintain this attitude throughout and you will rock this challenge.</li> </ol> <p>Please let me know if there are any of these areas that you are not in agreement with.</p>
<p style="text-align: center; font-size: 48pt; font-weight: bold;">P</p>	<p><b>Partnerships</b></p> <ol style="list-style-type: none"> <li>1. Do you have an accountability partner? Can you commit to being in touch with them daily? Be prepared to share their names during our weekly calls.</li> <li>2. Are you ready to practice new spiritual disciplines?</li> <li>3. Have you prayed and asked the Holy Spirit to help you on this journey?</li> <li>4. Have you joined the Facebook support group? (We open the Facebook group a few days prior to the Challenge start)</li> </ol> <p>Please let me know if there are any of these areas that you are not in agreement with.</p>

# E

## Exercise

1. Have you made room in your schedule to fit in exercise?
2. Have you considered your health limitations/restrictions?
3. Do you have a back-up plan for if you miss a workout? Write it in your journal.
4. Do you have the appropriate exercise clothing/shoes for your desired activity?

Now, you're ready to get started! Here we go my fellow over-comers!!  
Let's do this!!!

We will be discussing this checklist in our group coaching calls.