

## Steps to Success

The following steps to success will insure that I receive the maximum benefit from my Energyfirst Program. By focusing on this plan, I will reach my goals as quickly as possible.

I commit that I will:

1. Complete my Daily Health Diary every single day.  
This will keep my body awareness high and my focus and motivation strong.
2. Plan for success:
  - Have a good supply of healthy foods from the **Energyfirst Shopping List** in my house.
  - Keep my house free of foods to avoid
  - Plan my exercise a week at a time in my time manager.
  - Each morning think through my eating for the day. I can then take what I need with me to ensure that I stay on the program.
3. Follow my eating plan consistently; with no more than 3 cheat meals a week.
4. Follow my exercise plan without skipping exercise days or over-doing it.
5. Stay well rested.  
I will get to sleep on time at night and get plenty of rest on the weekends.
6. Follow the steps above consistently.
7. Not worry or beat myself up when I haven't done everything perfectly. If I slip off the program, I will quickly return to it. I won't feel guilty, but will remain enthusiastic about the program and about my self.
8. Special comments. (Use this section to write special motivating and positive affirmations for you to focus on each day).

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