



## Staying Motivated While on a Weight Loss Plan



### Overview

You're working hard to lose weight, and even though you've had some success, it's not easy. Maybe your weight loss has stalled. Maybe your diet is beginning to bore you. Maybe you're having cravings you just can't ignore. You need help to stay motivated. Let's talk about some tricks that can keep you on track.

### Weigh yourself

First, weigh yourself every week. Some weeks you may lose a little, some weeks none at all. And some weeks you may gain a bit back. That's OK, just keep weighing yourself regularly. You won't know what works if you don't get on the scale.

### Track your progress

Next, make sure you're keeping a log of your weight loss over time. This can be a powerful motivator. So make a graph, or use an app to keep track of your progress.

### Focus on health

Remember that weight loss is about a healthier you. So focus on better health. Make it a part of your everyday life. Books and magazines that promote a healthy lifestyle can be very inspiring, so try reading them in your free time. And don't watch cooking shows or other things that trigger your food cravings.

### Goals

And finally, celebrate your successes. You may have small goals, like losing five pounds at a time. You may have a big goal, like fitting into clothes you've outgrown. Work toward these goals, and reward yourself when you hit them. Just don't reward yourself with food.

