



CALORIC INTAKE/WEIGHT LOSS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

The top three weight gain pitfalls:

1. Eating too many calories: Large portions; high calorie convenience foods
2. Decreased physical activity: Increased technology limits activity; busy schedules; quality of exercise does not counteract high calorie food intake
3. Drinking too many sugared beverages: Not typically counted as part of daily calories; XS fruit juice is not a healthy alternative

Water is the best beverage choice!!

Think **SMART** about weight loss and eating less calories. Be **Specific**, Make **Measurable** Goals, **Action-Oriented** Commitment to meet goals, Use **Realistic** and Reachable goals, Make a **Time-Based** plan – give yourself a deadline.

Consume less calories than your body burns in a 24 hour period to lose weight