

"Fear and Excuses will keep a person from achieving what they want. Focus and Execution will connect a person to what they can become." -Coach Jayson-

Drew's Health & Weight Loss Plan

Daily Overview

- Get proper rest (minimum of 8 hours).
- Stretch your muscles throughout the day.
- Believe that you can have the body that you want.
 - Do the work!
- Your affirmation-"It hard, it's hard, but I'm going to do it!"

Drew's 5 Motivation images:



Drew's Checklist (Everyday actions Non-Negotiables)

□ Drink ½ of you	r body weight in	ounces of water.	(Drew's 145 ounces	of water daily)
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- ☐ Eat breakfast within the first hour of waking up everyday.
- Go to bed at the same time every night.
- Eat 20-minute meals

Long-Term Goal(s) Progress Chart

TASK NAME/DEADLINE	Goal achieved?	Weight gained?	Weight loss?	Intervention Plan?	NOTES
Task 1: Lose 3 pounds by: 7/17/2023	Yes (281)	None	5 lbs.	No	Exceeded goal.
Task 2: Lose 3 pounds: 7/27/2023	Yes (275)	None	6 lbs.	No	Exceeded goal.

Task 3:	Yes (269)	None	7 lbs.	No	Exceeded
Lose 3 pounds:					goal.
8/3/2023					
Task 4:	Yes (266)	None	3 lbs.	No	Met goal.
Lose 3 pounds:					
8/8/2023					
Task 5:	Yes (263)	None	3 lbs.	No	Met goal.
Lose 3 pounds					
8/20/2023					
Task 6:	(260)	N/A	N/A	N/A	N/A
Lose 3 pounds	This date				
8/27/2023	was skipped as				
	a grace. Will				
	continue to the next.				
Task: 6	(256)	None	4 lbs.	No.	Met goal.
Lose 3 pounds	, ,				-
9/23/2023					
Task: 7	(253)	None	3 lbs.	No.	Met goal.
Lose 3 pounds	, ,				-
9/24/2023					
Task 8	(251)	None	3 lbs.	No	N/A
Lose 3 pounds					
9/30/2023					
Drew's baseline					Overall goal was
weight as of 7/11/2023=					attained. Completed
Beginning weight =					weight loss =
287 pounds					251 lbs.

Drew's Forward and Future Thinking Statements

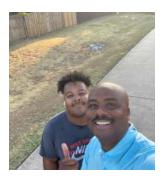
If there was one word to describe my future physical self it would be?	Smaller.
The truth is, what I want for myself next is?	Better health (weight loss).
The best part about what I want next in	More fit.

mv life would be?	
How would it benefit others, especially those I love, if I got to experience what's next?	They would be proud of me.
I'm allowing myself to be GREAT in which areas of my life?	Commitment to my weight.
On a scale of 1 to 10 how would you measure your effort, attitude, and non-excuse making towards turning what you wanted for your future into reality?	7

Drew's Before Picture beginning....7/13/2023.







CONGRATULATIONS DREW, YOU LOST A TOTAL OF 36 POUNDS IN 90-DAYS!!!!

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