



"**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 your body weight in ounces of water. (Drew's 145 ounces of water daily)
- 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: Lose 3 pounds: 8/3/2023	Yes (269)	None	7 lbs.	No	Exceeded goal.
Task 4: Lose 3 pounds: 8/8/2023	Yes (266)	None	3 lbs.	No	Met goal.
Task 5: Lose 3 pounds 8/20/2023	Yes (263)	None	3 lbs.	No	Met goal.
Task 6: Lose 3 pounds 8/27/2023	(260) This date was skipped as a grace. Will continue to the next.	N/A	N/A	N/A	N/A
Task: 6 Lose 3 pounds 9/23/2023	(256)	None	4 lbs.	No.	Met goal.
Task: 7 Lose 3 pounds 9/24/2023	(253)	None	3 lbs.	No.	Met goal.
Task 8 Lose 3 pounds 9/30/2023	(251)	None	3 lbs.	No	N/A
Drew's baseline weight as of 7/11/2023= Beginning weight = 287 pounds					Overall goal was attained. Completed weight loss = 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.

<p>my life would be?</p>	
<p>How would it benefit others, especially those I love, if I got to experience what's next?</p>	<p>They would be proud of me.</p>
<p>I'm allowing myself to be GREAT in which areas of my life?</p>	<p>Commitment to my weight.</p>
<p>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?</p>	<p>7</p>

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



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

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