

SUSTAINABLE WEIGHT LOSS BLUEPRINT

30-day habit tracker | Plate guide | Weekly check-ins

STEP 1: YOUR WHY

My reason _____ 30-day goal (a habit) _____

Start date _____ Support person _____

5 CORE HABITS

Habit	Simple target
Protein	Include protein at every meal
Vegetables	Fill half your plate at 2 meals a day
Movement	Walk daily and lift or train 2-3 days a week
Sleep	7+ hours, same bedtime most nights
Water	Drink water through the day and with meals

PLATE GUIDE (EACH MAIN MEAL)

Half	Quarter	Quarter	Plus
Vegetables or fruit	Lean protein	Whole grains or starchy veg	A little healthy fat

Keep it sustainable

Aim for a slow, steady pace. A habit you can repeat in month 6 beats a perfect week. Missed a day? Do the next meal right. Never skip two days in a row.

HUNGER CHECK (BEFORE AND AFTER EATING)

- ☐ Am I hungry or bored?
- ☐ Eat slowly, 20 minutes
- ☐ Drink water first
- ☐ Stop when comfortably full

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STEP 2: 30-DAY HABIT TRACKER tick each day

HABIT / DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Protein at every meal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Vegetables at 2 meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Walk or train	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Water through the day	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

WEEKLY CHECK-IN

Week	Biggest win	Biggest challenge	One tweak for next week

OPTIONAL MEASURES (ONCE A WEEK, SAME DAY)

Waist

Energy 1-5

Sleep average

Mood 1-5

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GROCERY AND MEAL-PREP CHECKLIST

- | | |
|--|---|
| ☐ Vegetables (frozen is fine) | ☐ Olive oil |
| ☐ Fruit | ☐ Herbs and spices |
| ☐ Eggs, yogurt, or tofu | ☐ Healthy snacks ready |
| ☐ Chicken, fish, or beans | ☐ Prep 2 lunches ahead |
| ☐ Oats or whole grains | ☐ Fill water bottle |
| ☐ Nuts and seeds | ☐ Plan 3 easy dinners |

PLATEAU CHECKLIST (NO CHANGE FOR 3 WEEKS?)

- | | |
|--|--|
| ☐ Check portions honestly | ☐ Add protein at breakfast |
| ☐ Add 1 more walk a day | ☐ Strength train 2-3 days |
| ☐ Sleep more | ☐ Lower stress and drink less alcohol |

Be kind to yourself

Weight changes daily with water and sleep. Look at trends over weeks. Talk to your doctor before major diet changes, especially with a health condition, pregnancy, or medication.