



MY LITTLE BLACK DRESS

Project Goals

NAME

STARTING DATE

Describe your Goal (be S.M.A.R.T.):

WHY is it so important for you to achieve this goal?

Three steps you are going to take to achieve your goal:

What is it going to feel like in 6 weeks, after you've achieved your goal?

SIGNATURE

DEADLINE TO
ACHIEVE DATE



1. Email derek@resultspersonaltraining.co.uk with your goals by the end of this week!

2. Write your goals down on an index card. Read them first thing in the morning and last thing before bed during EVERY day during this challenge. This will be KEY to your success.




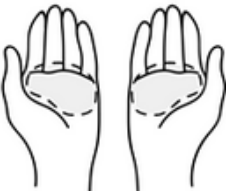



THE LITTLE BLACK DRESS

Perfect Portions

Hello Ladies!

Use the following guidelines for measuring your food. **Portion control is EXTREMELY important!** Even when you're eating a clean diet... the calories in oils, nuts, and fruit can add up.

FRUIT		<i>Fist Full = 1 cup/100-120 g</i>
FISH & MEAT		<i>Palm = 3.4-4 oz/84-112 g</i>
TRAIL MIX, NUTS & SEEDS		<i>Handful = ¼ cup/30 g</i>
VEGGIES		<i>2 Giant Handfuls = 1 serving</i>
OIL & NUT BUTTERS		<i>Thumb = 1 oz/28 g</i>



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Tips for Eating Clean While Dining Out

Before the Restaurant

- ✓ Look at the menu online before you leave and choose what you're going to order
- ✓ Look or ask if a 'gluten free' menu is available
- ✓ Drink 8oz of water before you leave home
- ✓ Eat something light before you go (apple + almonds).
This will help you ward off the chip/bread bowl



At the Restaurant

- ✓ Always order sauce on the side
- ✓ Choose a protein with 2 vegetables and a healthy fat (avocado)
- ✓ Order your burger with no bun or on a salad
- ✓ Change up the dish – if there is some kind of meat over pasta, just ask for the same but over salad instead
- ✓ Make sure not to order anything fried
- ✓ Ask for no added salt
- ✓ Add extra vegetables
- ✓ Ask for a double order of veggies instead of a carb (instead of pasta or rice)
- ✓ For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

Things NOT on the Menu

- ✓ You can ask for steamed vegetables as a side (add real butter or olive oil)
- ✓ You can order a grilled protein (chicken, salmon, etc.) with just salt and pepper
- ✓ Ask for a lettuce wrap instead of bread or a bun

Food Swaps

- Spaghetti → Spaghetti squash
- Chips → Baked sweet potato chips or beet chips or kale chips
- Fries → Baked sweet potato fries
- Rice → Cauliflower rice
- Mashed potatoes → Mashed rutabagas
- Pizza Crust → Crust made with cauliflower rice
- Baking with flour → Almond flour or coconut flour
- Salt → lemon juice (salad dressing, fish, chicken, etc.)
- Milk/dairy → Almond milk or coconut milk
- Potatoes at breakfast → Sliced tomatoes
- Sandwich bread → Lettuce wrap
- Mayonnaise → Honey mustard or Paleo mayo
- Sugar → Coconut sugar, honey, or stevia
- Sour cream → Greek yogurt, coconut oil, or applesauce
- Toast → Ezekiel bread
- Croutons → Sliced almonds (in salad)
- Bowl of ice cream → Small Bowl of frozen cherries or grapes



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Progress Tracker

“Success is the sum of small efforts, repeated day in and day out.”

Robert J. Collier

NAME

STARTING DATE

TAPE MEASUREMENTS

	<i>Start Date</i>	<i>End Date</i>	<i>Total Change</i>
<i>Chest</i>			
<i>Waist (small)</i>			
<i>Waist (bb)</i>			
<i>Hip</i>			
<i>Thigh</i>			
<i>Bicep</i>			
<i>Weight</i>			

BODY FAT MEASUREMENT

	<i>Start Date</i>	<i>End Date</i>	<i>Total Change</i>
<i>Body Fat %</i>			

BODYWEIGHT

	<i>Start Date</i>	<i>Weigh-In #2</i>	<i>Weigh-In #3</i>	<i>Weigh-In #4</i>	<i>Weigh-In #5</i>	<i>Weigh-In #6</i>	<i>End Date</i>
<i>Weight</i>							

Congratulations!

TOTAL INCHES LOST

TOTAL BODY FAT % LOST

TOTAL POUNDS LOST