



WEIGHT MASTERY WEEKLY PLANNER USER GUIDE

If you do not have a plan, the world has one for you and usually that plan is a fattening one and not in line with your weight release goals. Using your weekly planner allows you the few minutes a week to create a strategy that will guide you to your weight goal. Once you have the plan to refer to, it can help keep you on course for the week.

The following numbered explanations below correlate with the numbers on your planner. Also refer to the sample planner to help get you started.

- 1) **Weight Release Goal:** How much weight do you want to release this week? Make sure that your goal doesn't restrict you so much calorically that you feel deprived.
- 2) **My Daily Calorie Budget To Meet This Week's Goal:** This is your daily calorie budget to achieve your weight release goal without exercise. You can obtain this number by using the calculator on the Shift Weight Release page.
- 3) **Plan your week:** Use the planner layout to visually map out your week—this helps your brain make important connections. Make yourself, your health, and your time a priority!
 - a. **Block out exercise** appointments in your week and keep them.
 - b. **Think through daily meal times** and ideas with the idea of keeping yourself nourished and stabilized within your daily calorie budget for weight release.
 - c. **Mark down snack times** and ideas to remind you to have these things on hand.
 - d. **Strategize eating out** times to allow for any extra calorie and pre-planning needs.
 - e. **Be aware of when you are vulnerable**, the times you mindlessly or emotionally eat. Plan to have an alternative strategy.
 - f. **Plan ahead for social events** making sure you are allowing for extra calories if you need them.
- 4) **Record actual calories taken in and burned as you go through the week:** Every day you can use your food journal totals or your Lose it or My fitness Pal app totals and enter them here to get a clearer idea of how your week is going and if you are line with your target goal. (This is optional if you just want to use your app).
 - a. **My daily body burn calories:** This is how many calories that your body burns a day with sedentary (no exercise) activity. You can use the daily calorie budget calculator provided on the Shift Weight Release page or multiply your current weight by 11.
Add that number as the starting point –your daily body burn.
 - b. **Exercise calories burned:** Write in this column the amount of calories that you burned in exercise this day. You can use your app or do:
http://www.prohealth.com/weightloss/tools/exercise/calculator2_2.cfm

- c. **Total daily calories burned including exercise.** By adding the number from a. and the number from b. for each day you will see how much you burned each day across the course of your week.
 $a+b=c$

Example:

1850 Daily Calorie Burn (a)
 +350 Projected Exercise (b)
 =2250 Total Daily Calories burned including exercise(c)

- d. **Total food calories eaten:** Record your daily food totals from your Lose It or My Fitness Pal App or from your food journal. Try to stay within your daily calorie budget for weight release.

Note a. If you go **over** your calorie budget on a day, do not fret, you can always make up the difference on other days during the week or just be okay with releasing less that week.

Do not start over!

Note b. If you are **under** on any given day, you can ban those additional calories and apply them to other days that week or just release more.

- e. **Daily net calories burned:** This is the net amount of calories that you burned this day: $c-d = e$

Example:

2250 Total Daily calories burned including exercise (c)
 -1350 Daily Food Budget (d)
 = 900 total projected calories burned (e)

- 5) **Ongoing running total of calories burned for the week:** Keep a running total of your calories burned over the week to see if you need to adjust your release goal or make changes to your food or exercise in any way.
- 6) **Grand Calorie burn total for week:** Look at the chart below to see how much weight you should expect to release this week given the grand total number of calories that you burned this week.

Weekly weight release goal	Daily Weight Release Burn Goal
.5 lb=1750 calories /wk	250 calories /day
1 lb = 3,500 calories /wk	500 calories /day
1.5 lbs = 5250 calories /wk	750 calories /day
2 lbs = 7,000 calories /wk	1,000 calories /day
3 lbs = 10,500 calories /wk	1,500 calories /day

Filling out your Weight Mastery Weekly Planner is a great way to understand how to take and stay in charge of your weight release. It will allow you to problem solve and strategize in a more powerful and effective way.