

# MENTAL LAP BAND WEIGHT LOSS PROGRAM

## QUICK START CHECK LIST

All the requirements below are needed for your success

- ✓ Clear out all unhealthy Foods from your Home
- ✓ Make sure you have a CD player in good working order
- ✓ Cut out the MOTTOS for 1<sup>st</sup> Session and place them everywhere
- ✓ Have your Weekly Food Journal Ready (you have been given 5)
- ✓ Read through Book
- ✓ Write down your START DATE and keep count of the days you listen to the CD's
- ✓ Have CD #1 ready
- ✓ Start to fantasize seeing yourself at your goal weight
- ✓ Take one piece of clothing you want to wear and place it in your closet where you can see it every day.
- ✓ Maintain a Positive Attitude at all times.
- ✓ Never beat yourself up. Know that you are not going to do this perfectly, so you will have days that you do great and days that are not so good. That's normal. Beating yourself up only causes stress which leads to eating more!
- ✓ Eat small amounts of food regularly – at least every 3 hours.  
Do not allow yourself get hungry!
- ✓ Chew each bite of food at least 17 times
- ✓ Get used to eating SLOWLY
- ✓ Use a smaller plate and bowl –it makes a big difference, psychologically.
- ✓ Drink lots of Water --- oolong or green tea is good too.
- ✓ Do some form of movement everyday – remember, anything is better than nothing.
- ✓ Always keep your Self-Talk positive and fake it if you have to!  
(Fake it till you make it!)
- ✓ Take vitamin supplements

If you:

Read all materials given to you:

Follow the instructions:

Listen to the CD's at least once a day –

**YOU WILL BE SUCCESSFUL!**

**Diane Edwards, CMH**

Certified Hypnotherapist & Weight Loss Specialist