Daily Action Plan

FOR CHRISTIAN WOMEN READY TO LOSE 15 POUNDS

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WELCOME TO YOUR FAITHFUL, HEALTHY FUTURE!

Weight loss is hard. There is so much frustration in starting a diet and then never having the self-control to actually reach your goal much less stay there. **But it's even harder with out God.**

You want a **clear, concise and simple plan** to help you shed the weight and maintain it! It can't take a lot of time or require extra knowledge. You need that time and effort to focus on ***better things***.

That's why I want to give you the Daily Action Plan for Busy Christian Women to Lose Weight. Weight loss doesn't have to be complicated, time consuming or lacking the ultimate source of strength and power.

You might be kind of confused at first. There aren't any meal plans, food lists or exercise routines. That's because lasting weight loss doesn't *need* these. **What you *NEED* is to follow thorough on key actions that promote the health of the temple God gave you.**

Most people eat relatively healthy. Still, they find that the scale won't budge or they're gaining weight. **That's because they over consume fuel**. Simply put, *they overeat*. Overeating and snacking causes you to consume extra calories. Extra calories are stored as *fat*.

Learning how to exercise self-control (*not willpower*) to stop overeating is the most important factor to losing weight. *That's it.* Did you know that 90% of people that lose weight gain it back again. Why? Diets teach people how to "power through" and not listen to their God-given bodies. Self-control is consistently WANTING what your body thrives on and learning to enjoy the blessings of restraint more than tempory pleasures.

Where does self-control come from? **The Holy Spirit**. That is why this is plan is based on biblical teachings to help you start gaining self-control, the key to weight loss.

I have outlined the steps simply and clearly, but you will also be receiving emails from me explaining why each step is important to losing weight, the best ways to implement these steps, and God's Truth about each one. **The videos are short and vital in helping you master each step.**

Now is the time to invest in your health. **Start taking action on these steps now and soon you'll lose weight and grow even closer to God through it all!**

Morning Routine

1 PUT GOD FIRST IN YOUR DAY

Start your morning with God by reciting a verse. Add a short prayer afterwards.

2 REVIEW YOUR WHY

Every morning write down why you are committed to losing weight and caring for your temple.

3 MOVE YOUR TEMPLE

If you are just starting out, aim for 2 minutes. Walk, stretch, do some squats or lunges.

4 CARE FOR YOURSELF

Schedule time in your day for self-care. Self-care includes, but is not limited to, going for a walk,, getting a massage, reading a book, taking a nap, stretching, taking a bath, doing a puzzle, or carving out some quiet time to pray/journal/reflect.

Evening Routine

5 MAKE A PLAN FOR TOMORROW

Write down your plan for what you are going to eat tomorrow. Make it reasonable and think about eating just 1% better than today.

6 PREPARE FOR THE NEXT DAY

After making a plan, take 5 minutes to prepare for the next day. Cut up veggies, pack lunch, pick out your work out clothes, set out your shoes, put water in the fridge. Make it really easy for you to follow through.

7 EVALUATE WITH GRACE

Each evening write down EVERYTHING you ate that day. Did it match your plan? If not, why did you deviate from your plan? How can you plan better next time?

Time Break Down:

MORNING ROUTINE

1.Start with God	2 minutes
2. Review your Why	1 minute
3. Move your Temple	2+ minutes
4. Care for Yourself	5+ minutes
	= 10+ minutes

EVENING ROUTINE

5. Make a Plan	5 minutes
6. Prepare for Tomorrow	10+ minutes
7. Evaluate with Grace	5 minutes
	= 20+ minutes

What you need to know moving forward:

1. The full daily action plan only takes about 30 minutes a day. That is way less time than what you currently spend spinning in self-disgust and frustration because you don't like how you look and feel. Don't talk yourslef out of something that will save you time and stress.
2. Do this daily. A habit tracker is a great tool to use as a reminder and track your progress.
   "The secret to your success is found in your daily routine." John C. Maxwell
3. Tailor these steps to YOUR life. Watch your inbox for how to do this. But, don't be afraid to change these up for what works for you. The point is to actually consistently complete each step, not to do each step "perfectly".
4. How you think about yourself and God's good plan for your life is key. If you tell yourself that you are fat and will always be fat, you will end up sabotaging yourself to prove this true. Instead, talk to yourself like you would a good friend or your daughter. Stand up to yourself, for yourself, and refuse to believe anything that isn't from God.
5. Remember, God's got you. Decide to rely on Him and use His strength!

Amanda is a certified weight loss and life coach who helps Christian women lose 15 lbs by exposing the enemy's lies that keep them overweight so they confidently follow God's calling.

If you're ready to have the *support* and *accountability* to **lose 15 pounds**, **keep it off**, and **gain the confidence God desires for you**, schedule a Discovery Call by clicking **HERE.**