

Weight Loss Plateau Worksheet

Let's define a weight plateau as no weight loss for 2-3 weeks. What a plateau really is is your body in "maintenance." If the weight isn't where you want to maintain then you need to make some changes to the original plan. When this happens, dig through these following questions by yourself, revise your protocol, and send them in to us to review and help keep you accountable.

Do you have a specific food plan you are following? (ex. 9 inch plate, $\frac{1}{2}$ plate full of vegies, serving of something full fat, and a serving of protein).

Have you written that plan out and put it somewhere you can see it when preparing your food?

Are you food journaling as you go—writing down every bit of something you are putting in your body, rather than trying to remember everything at the end of the day? Have you reviewed the food journal to see what happens when you do certain things?

How often are you going off plan per week? Is it just one food off or one whole meal off?

Where on the hunger scale are you when you are starting to eat and stopping eating?

Are you eating non-starchy above-ground veggies for the largest portion of each meal?

Are your portions too big?

Are you getting a portion of healthy fat with every meal? Healthy oils, full-fat dairy, full-fat meat, and olive oil, olives, avocado, coconut?

Are you having too big of portions of cheese, nut butters, nuts?

Are you making contingency options B, C, D for what you've planned if it doesn't go like you expected?

Are you structuring your food plan ahead of time, the night before or the week before, so you know what and when you are going to eat and your hormones or “primitive brain” like Dr Ubell calls it, aren’t in charge at the moment?

Are you drinking alcohol? Do you have poor timing of alcohol, poor choice of type of alcohol, or too much alcohol?

Are you exercising too intensely?

How is your sleep and self care on your cortisol levels?

Are you having fruit that is too sugary or having fruit too often or overindulging in portion of fruit?

Are you bingeing or overindulging all at once intermittently?

Are you drinking coffee/tea with cream or fat in it too often throughout the day instead of black?

Have you been intermittently fasting? If so, have you tweaked your fasting times to be longer or your eating time to be shorter, have you changed these from day to day and week to week?

Have you thought downloaded the weight plateau? What are thoughts/feelings that you can control? Are you more stressed now that you are feeling and not eating your feelings?

Are you in the success mindset/growth mindset? Are you trusting that if you follow your plan that the science will back you up to be successful? Do you have faith in yourself to make modifications and to keep persevering?

Review your answers. Identify key areas that you can make some adjustments. Follow your new plan for two weeks and re-evaluate: how do you feel? What is happening to your weight? This is a process with a long-term goal, not a short-term fix and you are doing EVERYTHING right. Remember—this is all part of it! Trust the process, and, above all, trust yourself.