

21/90 Rule Goal setting



It takes 21 days to create a habit & 90 days to create a lifestyle

Goal Setting



Reduce in size? + Permanent Weight Loss?

Concentrate on REDUCING not losing.

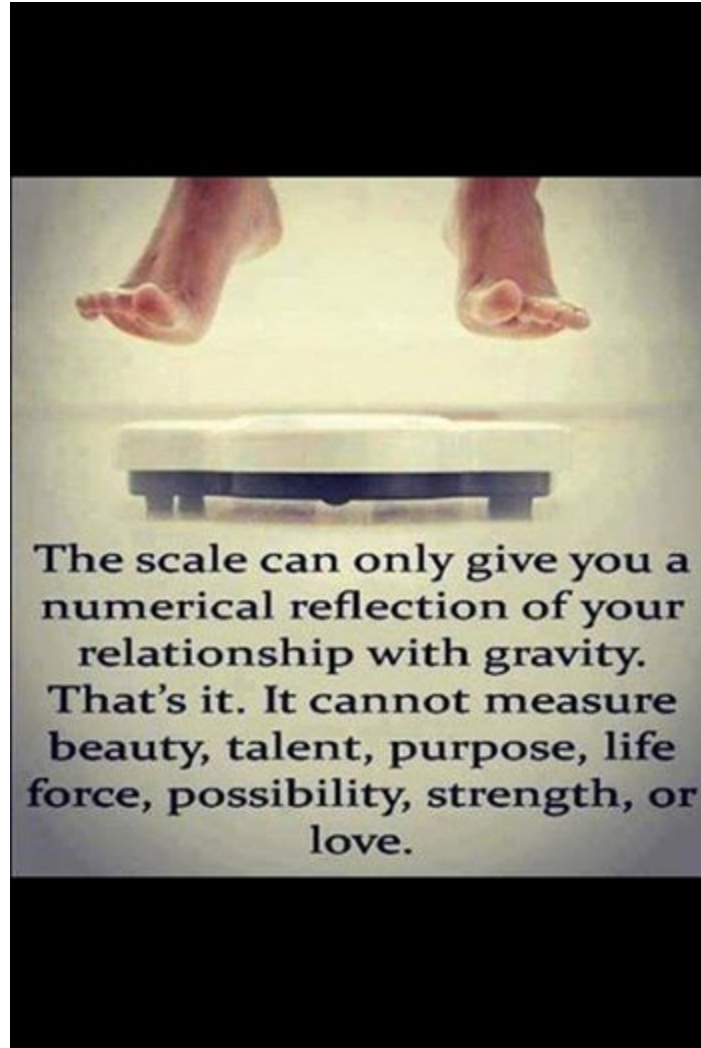
I am going to reduce from a size 18 to size 12, by this time next year, by setting aside a couple of hours every Sunday morning to prepare for the week ahead.

Add veggies with every meal, slowly introduce sauerkraut tonic and kefir. Plus, a small cup of broth, a couple of times a week

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Keep in touch with my tribe for sharing my success and support when needed.



Mindful eating, choices, and portion control

Reducing meal size, sitting down to eat, without distractions, chewing slowly and appreciating the taste.

Ditching the scales.

Replacing sweet and high carb snacks (small meal) with more protein.



Probiotics (fermented food) may help you lose weight and belly fat - strains of the Lactobacillus family reduce body fat by 3-4% in just over 6 weeks.

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Be SMART

1. **S = Specific** ... include specific details.

Gives and answer to What/ Who? When? Where? Which?

1. **M = Measurable** ... if you can measure a goal, then you can objectively determine how successful you are at meeting the goal.

How many? How Much? How will I determine when it is reached?

1. **A = Attainable** ... As is my objective realistic.
2. **R = Relevant** ... ensure your goal is important to you.
3. **T = Time-related** ... choose a time frame tied to the goal-setting process to accomplish your objective



1 new habit at a time!

Look at your current habits and choose one (or maybe 2) to improve.

Changing habits like eating on the run or in front of the TV or snacking from the fridge when you arrive home from work.

Using steps like “none” and “all” and “every” sets you up for failure.

Making changes can be challenging, so do not bite off more than you can chew.

When you start accomplishing your small goals, you will gain momentum and it will be clearer that larger goals are attainable.

Take as many small steps as you require.

The important thing is you keep going.

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So be SMART – set yourself up for success!

Remember, you are not alone! We are with you on your journey.

It takes a whole village to make great kimchi!

Objective: By the end of..... , I will have reached my optimal weight by reducing (fill in the blank) Sizes with following and implementing the Gut Academy Skinny Gut clean prebiotic and probiotic eating habit challenge.

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SPECIFIC = I want to reduce my clothing size by ... size/s

I would like to make high fibre, good fats and proteins, prebiotic and probiotic eating a lifelong habit.

MEASURABLE = I will drop ...

I will resist junk food without pain.

ATTAINABLE = I will accomplish it by implementing the 52-week Gut Academy clean, prebiotic, probiotic habit challenge

RELEVANT = It encompasses all my other desires.

Reducing my size and clean eating are relevant to my other objectives of getting healthier and preparing and fermenting more on my own.

With help from the Gut Academy Tribe.

TIMEBOUND = months from today

Over to you ...