

BEHAVE YOUR WAY TO FAT LOSS.

A behavior-based method for
simple weight loss and life-long
leanness.



thefithabit.com

The Fit Habit: Behave Your Way to Fat Loss Method

Welcome to the **Behave Your Way to Fat Loss Method**. I'm so glad you're here and I can't wait to share with you the methods I've used with my clients to lose weight over the long term and keep it off without hating your life in the process!

First, a little story – A while ago I asked my readers what their goals were and how they thought I could help. Most everyone said fat loss, and everyone thought they needed more nutrition and fitness instruction to reach their fat loss goals.

But here's the interesting thing – information on diet and exercise is everywhere. Mr. Google has endless amounts of it, and for the most part, we already know what we need to do to lose weight and get in amazing shape.

But we're not doing it.

Why?

Because we don't have the right mindset or behaviors to support the necessary actions that will get us to our goals.

I also asked my readers to describe what life would be like when they reached their goals and how they would maintain their new weight. They all said the same thing – I would have the right behaviors and habits to sustain my goal weight.

That's interesting....

While they *thought* they needed nutrition and fitness coaching, they *knew* they needed behaviors, habits and THE RIGHT mindset to be successful! I think we all intuitively know we need a little help getting our heads wrapped around the idea of sustainable weight loss habits, so let's start there.

Developing a Fat Loss Mindset

Developing the right mindset about your fat loss journey is critical. In fact, without it, the probability of failure is almost 100%. The number one reason why most people fail to achieve their goals is that they don't actually believe they can do it. With a mindset like that, you're going to set meaningless goals because deep down, you know they'll never be realized. Without clear and achievable goals, you have nothing to aim for. That's how failure works.

Successful fat loss happens when we set out to do something we have absolute confidence that we can complete. In order to have confidence, you need evidence that you have the skills, resources, time and ability to do what you say you're going to do. That means two things:

- You need to set goals that are only *slightly* outside your zone of comfort.
- You must ensure you are 100% confident you can reach your goals

To do this, you're probably going to set really small goals to start with and that's okay (save the "big hairy goals" for other areas of life). The critical element is that you have the confidence to achieve the goals you set because every time you do what you say you're going to do, you build more trust in yourself. The more trust you build in yourself, the more daring you can become with your goal setting.

Want to know what behaviors I'm working on? Right now, I'm working on two goals – tracking everything I eat (without measuring or calorie counting) and drinking 130 ounces of water per day. Guess what – I'm killing it on the water intake. The food tracking is still new to me, so I'm not adding any other behaviors to my goal list right now. Instead, I'm just focusing on those two things.

Intentional Goals vs Behavior-based Goals

*Intentional goals are what you want to achieve – this defines the destination.
Behavior-based goals are the actions you'll take to achieve your intention – this defines the journey.*

When it comes to fat loss, you can only control your behaviors, not the outcome. For example, if you want to lose 16lbs in 4 months, that's a great intentional goal, but your body ultimately decides how fast you lose that weight. You can only control what you

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do to make that intention happen. Behavior-based goals are the actions you take to reach that intention.

Example of a great behavior-based goal: I will work out 3 days per week (no matter what), drink at least 100 ounces of water per day and consume a high-fiber veggie at every single meal. I will measure my progress every two weeks to see if I'm tracking toward my intentional goal. If I'm not, I will adjust my behaviors as I need to.

Example of a crappy goal: I really need to lose this weight I've gained. I will Google how to lose weight and randomly try a bunch of stuff when I have time.

The 20 Critical Behaviors for Fat Loss

These are what I call fat loss behaviors to live by. Based on my years of client work, these simple fundamentals have created the best results for my clients when they are practiced consistently (but not adopted all at once). Fortunately, they're also simple behaviors to maintain no matter how crazy your life is.

This list of behaviors is intended to be adopted slowly and over time. Also, just because there are 20 behaviors to choose from, doesn't mean you ever have to adopt them all. Some you may never want to incorporate into your life, and that's fine. It's up to you to know what will work best for your life and personal preferences.

My recommendation is to pick no more than 2 new behaviors to focus on at a time. Once they become natural habits, add one or two more. Use the list of behaviors below to design your behavior-based goals and chose them mindfully because remember, you need to be 100% confident that you can do them. So, don't start with behaviors that you think you'll fail at. Start small, build from there.

If you can adopt these new behaviors with absolute consistency and effort, I can almost guarantee that you will get down to a healthy weight in a reasonable amount of time. More importantly, if you can maintain these habits once you reach your goal, you will never have to worry about gaining it back, ever again.

If you've ever wondered what the secrets to simple weight loss are – now you know. Knowledge is power my friend. Commit and enjoy a life of leanness.

The 20 Immutable Lifestyle Habits for Life Long Fat Loss.

The first 5 habits will provide the greatest results. If you can master these, you're winning. That said, only start with these if you're 100% sure you can do it! Don't let yourself down by aiming too high, too soon. Start with one or two and build from there.

1. **Track everything you eat until you reach your goal weight.** You don't have to measure food or count calories but write down everything that goes into your mouth. No exceptions.
2. **Drink at least half your body weight in ounces of water every day** (so if you weigh 140 lbs., that's 70 ounces of water, minimum). Aim for almost clear urine as a benchmark for appropriate hydration. More water = more weight loss.
3. **Sleep 7-8 hours** a night.
4. **Eat 20-30g protein** at every meal.
5. **Eat non-starchy veggies that are high in fiber and have a high-water content** (see list below) at every meal (aim to make it 50% of your plate).
6. Eat slowly and chew your food. Try putting your fork down between bites to help you manage a slower pace of eating. The slower you eat, the less likely you will be to overeat.
7. Always read food labels! Look for double digit protein, single digit sugar (so 10g or more of protein and 9g or less of sugar).
8. Avoid starchy carbs in the morning (stick to protein, fat and non-starchy veggies).
9. Aim to keep carbs under 100g per day. This is particularly effective if you have 15lbs or less to lose, and especially if you're not working out. This habit requires that you track macros. That's a pretty big undertaking, so this might not be the right behavior for you if you're just starting out. [Click here](#) if you want to learn more about counting macros
10. Don't buy bags/boxes of snack foods that will tempt you. Even if it's healthy! And if you must, pre-portion them into smaller bags.
11. When it comes to alcohol, limit intake to 2 glasses (anything more than this disrupts sleep and slows the fat burning process).
12. Don't drink pop/soda (even if it's diet!). Seltzers and flavored water is fine as long as it doesn't have artificial sweetener.

13. Keep trigger foods out of the house. These are foods that are hard to stop at one serving (like nuts or chips) and you probably reach for them as comfort foods when you're emotional or upset.
14. Don't eat fast food. This is a big but critical behavior and it can be tricky if you travel a lot. But the reality is, fast food such as fries, burgers (with buns), sodas and the like are going to derail your progress and make you crave more garbage food. If you're traveling or out of the house for a long period of time, plan your meals ahead or plan to fail yourself.
15. Always have a healthy(ish) snack in your purse, desk, car and briefcase. [Quest](#) or [Beachbody](#) bars are great because they're low in sugar and high in protein and fiber.
16. Avoid added sugars and grains. It's never going to be 100% perfect, but it's a good rule of thumb to guide food decisions.
17. Avoid gluten, even if you're not allergic to it as it leads to brain fog, a bloated belly and bad digestion.
18. When you get off track (and this happens to all of us), go back to tracking everything you eat until you're back in control of your habits.
19. Avoid taking on any new restrictive habits or diets that you can't realistically maintain. This includes any of the behaviors I've listed here that seem unreasonable for your lifestyle and preferences.
20. If you're going to have wine with dinner, avoid starchy carbs (so skip potatoes, bread or desserts!).

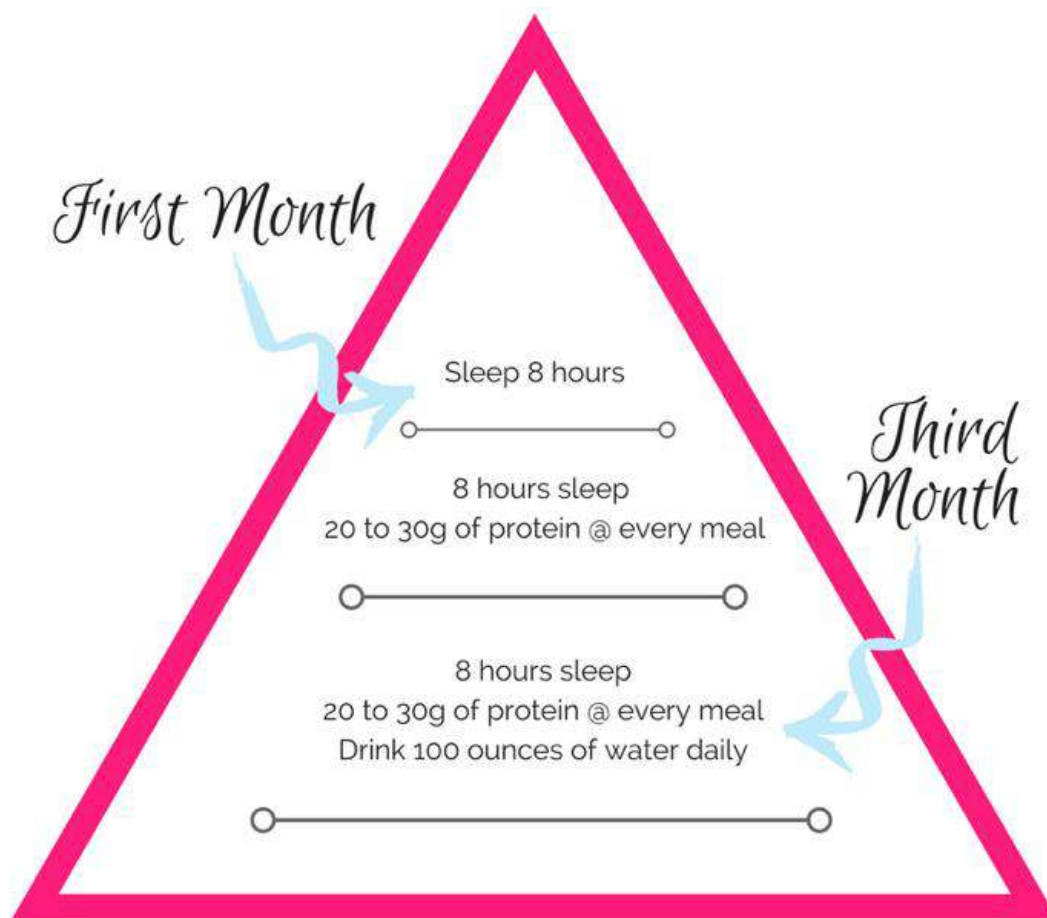
The 10 Immutable Behaviors for Lifelong Fitness

1. Try to stand as much as you can (at least for 5 minutes once an hour). Sitting has been coined the new smoking.
2. Invest in an activity tracker (I love the [Fitbit Alta](#)) and try to take at least 10,000 steps a day. This has enormous fat-burning and happiness-inducing benefits.
3. Try to do yoga at least once per week. It doesn't have to be a full 90-minute session. A quick 30 mins is enough to get the stress-busting benefits of activating the Parasympathetic nervous system (the system that controls your "rest and digest" process).
4. Weight lifting is the best form of exercise for women, particularly as they age. Not only will it improve metabolism, but it will also enhance posture (which makes you look leaner). Weight lifting will also reduce the accumulation of cellulite, improve bone density and give you a beautiful shape (something that cardio will never do). I have included several weight-lifting workouts at the end of this ebook that will get you started, but if you want a comprehensive program to follow, I recommend Beachbody on Demand. They offer the best at-home fitness training programs on the market by far.
5. Avoid doing too much cardio. Overdoing this will not help you reduce fat but it will increase your appetite making fat loss much more challenging. Two to three cardio sessions of no more than 30 minutes are more than enough for most people.
6. If you only have time to work out 2 or 3 times a week, prioritize full body weight lifting exercises and then aim to incorporate as much walking as you can.
7. Instead of going for a meal or drinks with a friend, invite them to go for a walk instead.
8. If you hate the gym, invest in a few home workout programs that you love. Fitness doesn't have to happen in a gym and you don't need a personal trainer to get in shape.

9. Rather than looking for workouts that give the best results, spend the time to find workouts that you LOVE. The more you enjoy what you're doing, the more consistent you will be at it.
10. The best kind of workouts connect you to other people. Find a social workout that will provide accountability (online or in person) as accountability leads to consistency.

Now that you know the critical behaviors for fat loss, let's revisit behavior-based goal-setting for a second.

Think of successful goal setting like building a behavioral pyramid where you start with one healthy habit and build a foundation of more and more over time. It might look like this...



This might take you several months to build, but because it's designed to create a solid foundation of impactful habits, it will never ever fall apart. Pretty smart, right? This way, you'll always know exactly what to do every day to create and sustain the body you want and feel amazing in your own skin.

Remember, behaviors practiced over time become habits. Good habits lead to goal attainment, so be strategic with the behaviors you choose to develop. Commit only to the behaviors that you know you can be successful with and continue adding new ones over time. The reason we fail to reach our weight loss goals is that we try to take on too much at once and then get overwhelmed and quit. The more you quit, the more you prove to yourself that you can't do what you want to do. If you're not careful, this can become your self-fulfilling prophecy, so be mindful of your actions and always start small.

Next Steps

The following pages outline the best food choices based on some of the fat loss behaviors I shared in this method. I've also provided a printable you can use to track your food (should you choose to do that) and some other helpful guidelines.

Use them if you think they will help you, but don't overthink it and only choose those behaviors you have 100% confidence you can maintain.

Good luck on your journey! I'd love to hear what you think of the program and the results you gain from it. Feel free to reach out to me at caren@thefithabit.com.

To your health,

Caren

Checklist for Success

How to Bring Everything Together!

Step 1:

- ✓ Download and listen to the audio program and read through the ebook.

Step 2:

- ✓ Select one or two fat loss habits to start with. I recommend making daily tracking one of those first habits, but make your choice based on your own capabilities.

Step 3:

- ✓ Write down your intended goal weight and your behavior-focused strategy in order of which habits you plan to start building first, second and third.

Step 4:

- ✓ Think through what you'll need to do to ensure you're 100% successful with your new habits.

Step 5:

- ✓ Implement and maintain a positive mindset! Remember, this is supposed to be 100% doable, so try to have fun with it.

GOAL PLANNER

Instructions

Start by writing down your intentional goal (how much you want to lose and by when) and then list the first 1 or 2 behavior-based goals you'll take to make that intention a reality. Don't forget track your goals and identify your starting point!

Intentional Goal

Behavior-Based Goal

How Often I Will Track Goals

Baseline - Your Current Weight, Measurements & Dress Size.

BEHAVIOR-BASED *Goal Tracker*

TRACK FOOD. MONITOR HABITS. ACHIEVE GOALS

BREAKFAST

LUNCH

DINNER

SNACKS

HABIT(S):

SLEEP:

WATER:

Veggies Unlimited

Aim to have foods from this list take up 50% of your plate at lunch and dinner. You can do a little less at breakfast if you're not a fan of veggies early in the day.

Artichokes (all kinds)	Green beans	Red bell pepper
Arugula	Green bell pepper	Rhubarb
Asparagus	Hearts of palm	Romaine lettuce
Beet greens	Jicama	Rutabaga
Beets	Kale	Seaweed, raw
Bok choy	Kohlrabi	Spirulina / Powdered Greens
Broccoli	Leek	Shallots
Broccolini	Lettuce (all kinds)	Snow peas
Broccoli slaw	Mustard greens	Spaghetti squash
Brussels sprouts	Mushrooms	Spinach
Button mushrooms	Napa cabbage	Sprouts
Cabbage	Okra	String beans
Carrots	Onions (all varieties)	Sugar snap peas
Cauliflower/cauliflower rice	Pickled veggies (kimchi, sauerkraut, etc.)	Summer squash
Celery	Pickles	Swiss chard
Celery root	Radicchio	Tomatillos
Chayote	Radishes/daikon	Tomatoes (all varieties)
Chinese cabbage	Rainbow chard	Turnip
Collard greens	Rapini (broccoli rabe)	Turnip greens
Cucumbers		Water chestnuts
Dandelion greens		Watercress
Eggplant		Yellow bell pepper
Endive		Yellow squash
Fennel		Zucchini



Proteins

Aim to a Protein equal to 20g – 30g at every meal

EEGGS AND DAIRY •

Cheese wedges (light; all varieties)
Cottage cheese (1–2%) •
Egg whites
Eggs (whole)
Feta cheese (reduced-fat)
Greek yogurt (plain, 0–2%)
Kefir (plain, low-fat)
Protein powder (egg, plant or whey-based)
Ricotta cheese (part-skim)
Slice of cheese (cheddar, Swiss, etc.; low-fat, 1–2%)
String cheese (light; all varieties)
Yogurt (plain, 1–2%)
Whey protein bars (like Quest)

CHICKEN AND TURKEY

Breast
Drumsticks,
Thighs,
Ground ~ 93% lean)
Turkey bacon (nitrite-free, uncured)
Jerky
Sausage

BEEF, PORK, AND GAME

Beef chuck shoulder steak
Beef jerky (nitrite-free)
Beef round tip (steak and roast)
Beef top round (steak and roast)
Beef top sirloin steak
Bison/buffalo
Ground beef (≤ 95% lean)
Ham slices (nitrite-free)
Pork tenderloin
Venison

FISH & SHELLFISH

All white fish
All pink fish
Clams
Mussels
Shrimp

PLANT-BASED PROTEIN

Edamame (organic)
Lupini beans
Protein powder (hemp, pea, quinoa, rice)
Seitan
Soybeans (organic)
Tempeh (organic) Tofu (organic, extra firm)
Veggie burger (with at least 10 g protein)
Vegan protein bars
Vegan protein powder

Healthy Fats

Fats are amazing for great skin, hair and health. They help regulate hormones and keep you fuller, longer (much like protein). However, fats are also very calorically dense, so you want to be careful not to overdo it. A good rule of thumb is to keep your healthy fats to about 20% of your plate. That might be hard to quantify if you're thinking about adding oils to a salad or veggies but use your best judgement and don't overdo it.

Almonds

Almond butter, no sugar added

Avocado and guacamole

Bacon, pork

Butter

Cacao nibs

Cashews

Cashew butter, natural

Clarified butter

Coconut, unsweetened,
shredded

Coconut milk, canned

Cream

Egg yolks

Full-fat cheese (blue, cheddar,
feta, Parmesan, pepper jack,
etc.)

Ghee

Nuts (all varieties),

Oil (avocado, olive, toasted
sesame, coconut)

Olives

Peanuts

Peanut butter, natural

Pesto

Sausage

Seeds (chia, flax, hemp,
pumpkin, sesame, sunflower)

Sunflower seed butter, no
sugar added

Tahini



Limit Beans, Fruits & Starchy Veggies

Foods on this list are not bad or unhealthy, but they can slow down fat loss results. If you must eat them, do your research so you are aware of how much sugar and carbs are in them.

BEANS AND LEGUMES

Adzuki beans
Bean-based soup
Bean pasta
Black beans
Cannellini beans
Fava beans
Garbanzo beans (chickpeas)
Great northern beans
Hummus
Kidney beans
Lentils (black, brown, red)
Lima beans
Mung beans
Navy beans
Peas (black-eyed, cow, etc.)
Pinto beans
Vegetarian refried beans

FRUITS*

Apples
Applesauce
Apricots
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Figs
Grapefruit
Grapes
Guava
Honeydew melon
Jackfruit (all varieties)
Kiwifruit
Mango
Nectarine
Orange
Papaya
Passion fruit
Peach
Pear

Pineapple

Plum

Pomegranate

Tangerine

Watermelon

STARCHY VEGGIES

Acorn squash

Butternut squash

Cassava/yuca

Corn

Green peas

Parsnips

Plantains

Potato

Pumpkin puree

Sweet potato

Taro

Yam

*Berries are actually low in sugar and high in fiber, so a great choice of fruit that doesn't have to be limited.

Fat Loss Unfriendly Foods

The following is your "stay away from" list. That doesn't mean you can't eat it, but it means you need to be conscious that when you're indulging in these foods, you're taking a step back from your goals. Not all the foods on this list are "bad", but they will hinder your fat loss process and very often produce cravings that are difficult to manage.

WHOLE GRAINS

Amaranth
Barley
Bran cereal
Bread
Breakfast cereals
Brown rice
Buckwheat
Bulgur
Crackers* (whole-grain)
English muffin
Farro
Oats (plain steel-cut, rolled, or instant with low- or no-added sugar)
Pancakes
Pasta
Pita bread

Popcorn

Quinoa
Rice
Tortilla
Waffles
Whole wheat couscous
Wraps

BAKED GOODS

Muffins
Croissants
Cookies
Cakes
Crackers
Granola
Pies
Pizzas
Pretzels

NOTE: If you're not sure if it's a processed food, then it probably is!

Your Ideal Plate

When you plan your meals, aim to cover at least 50% of your plate with non-starchy veggies. Then chose a protein that will cover 25% percent of your plate. The remaining space is for fats (such as cooking oils) and at lunch and dinner, leave a little room for a treat food, like a piece of bread, a glass of wine or a small bite or two of dessert. Try to avoid treats at breakfast. The less sugar and starch you consume early in the day, the better.

