



# Weight Loss Manifesto

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1. Portion control is a daily commitment
2. I end each day with accountability
3. I pause between my desire to eat and eating.
4. I shorten my eating window to 8 hours.
5. I eat protein and carbs and every meal.
6. I drink water before Diet Coke.
7. I reach 20K steps per day.
8. No snacking is my bright line behavior.
9. I stop impulsive behavior by not reinforcing it.
10. I find joy in the process and not the results.



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