

Strategize to maximize!!!!

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You have to strategize to maximize your weight loss succes!!!

Today I added my am pm weight loss strategy. I expect GREAT results. Last week, I started taking my own lunch to work and eating 6 small meals a day and cutting out the carbs except for good carbs like brown rice and sweet potatoes. I lost 2 pounds last week!!!

Tomorrow I will add exercise and continue to build on the challenge. Keep adding different strategies and think ahead about what you can do to avoid things that will sabotage your weight loss!!

I can DO THIS - with Christ all things are possible. And so can YOU!!!!