



During The 21-Day Challenge You  
will Acquire The Tools and Build The  
Micro Habits To Crush Your Goals!

# The 21 Day Weight Loss Challenge

## Introduction

Have you done a challenge in any area of your life before? If you have, then you are aware of how much fun they can be and the tremendous changes you can make in your life.

In the 21-day weight loss challenge, we worked hard to make it informative and fun. You will learn to work not only on what you eat but how you eat. Weight loss is a combination of many pieces, but you can put them together like a simple puzzle.

You will find that how you think about yourself that leads to the choices you make regarding eating.

It will also become apparent that sometimes you eat, and you are not even sure why you are eating. This needs to be addressed, and you can do that by following the challenge.

Take the time to read it over. This allows you to have some great ideas before you even start. Weight loss is different for everyone, so please rearrange the order of the challenge if you need to. This will give you the best chance for success. Are you ready to begin? Day 1 will get you moving in the right direction.

## Day 1

Today you can use a journal to write your food habits in. In this journal, you make quick notes on when you ate, what you ate, and if there was an instance of binge eating or eating for emotional purposes.

By food journaling, you begin to see the negative patterns, and you can work to change this by installing tiny habits.

For example, if you notice you reach for a sugar snack when upset, change it to a crunchy vegetable snack. You will likely be making around six short entries in your journal during the day, covering the main meals plus snacks.

## **Day 2**

You have decided that you want to lose weight. The big question to answer today is WHY? Unless you have a big WHY you won't do the work that is required.

Write out your big WHY on the cover of your food journal. Is it because you are scared of the health issues like a heart attack, the inability to move without pain, or feel that your mobility is hindered?

Put it down on paper, and you can tailor your weight loss journey based on what you have discovered about yourself.

## **Day 3**

Take a moment and think about where you eat? Do you eat at a kitchen table? Do you eat food while standing in the kitchen preparing a meal?

Sometimes we tend to snack while cooking or doing other things in the kitchen because we are close to the refrigerator.

Start the micro habit today of taking everything you need for a meal prep out of the fridge and then put a piece of tape across the refrigerator door.

This tape seal must not be broken. Make your meal and eat it as far away from the fridge as possible. Chew the food slowly and get all the joyful feelings out of a well-planned meal.

Chewing slowly helps you release the digestive juices needed to break the food down for better processing in the digestive system.

## **Day 4**

Losing weight starts in the mind. How you view yourself leads to your food choices. Today you need to purchase a subliminal hypnosis Mp3 on weight loss.

Before you start listening to the Mp3, your micro habit is to look at the list of embedded statements in the Mp3. Take the first three and write them out ten times each.

You can follow through the next day by doing another three. While listening to the Mp3 will work over time, committing the positive statements to your brain in small bits will make the thoughts concrete, and you will get faster results.

## **Day 5**

Mindless eating is something many of us engage in. We pick up a bag of chips or grab a couple of cookies to munch on as we start surfing the television.

To help combat that, we can use cue cards. Pick up some blank colored cue cards today and write a new statement.

For example, "Nothing tastes better than a fruit snack that powers my body and mind." Put that cue card on your fridge.

Over time, you can write as many cue cards as you need and place them throughout your house. **Hint:** You need to exercise and eat right.

You can buy bodyweight exercise cue cards and do one bodyweight exercise in a couple of minute's right in your living room. Each card explains how to do the exercise.

How many times per day could you commit to doing one bodyweight cue card? What a tremendous micro habit to assist in your weight loss.

## **Day 6**

This next challenge for weight loss has many different opinions from those in the weight loss niche. You are trying to lose weight and perhaps have tried and not had success before.

You didn't fail; you learned some lessons. Our big question is, "How often do you weigh yourself, and how does it make you feel?" If your answer is every day and most of the time, you feel bad because you don't see progress or perhaps even slip-ups, something has to change.

**Note:** Some sites will tell you to weigh yourself every day, and we are not so sure about that.

Your challenge is to put the scales away and focus on your actions, not the results you see daily. By using micro habits, you will lose weight.

You didn't put the weight on overnight, and you won't lose it overnight, so perhaps weighing yourself is causing self-sabotage.

You start thinking negatively about yourself and your progress. Weight loss will occur if you take small actions and stick to it, so lose the scale for now.

As mentioned before, some studies show that you should weigh yourself every day. The issue we see in this comes from what we read on social media.

We see people all the time talking about how they weighed themselves, and they didn't lose a pound, or perhaps they even gained a pound or two.

They are now feeling depressed. In our minds, the idea of repeatedly checking your weight is not an optional idea for everyone.

This means you need to decide what is right for you.

## **Day 7**

Your mind stimulates overeating, binge eating, or careless consumption of sugary products. It can happen from what you think about yourself or how you think others talk about you.

Stress always plays a significant factor. To combat this, you need to write down three statements about why you indulge in food the way you do.

After that, take a moment to decide if it is 100% true or if it is a false belief. Rewrite it in true form. For example, you might write down that you binge eat because "it makes me feel better because it takes my mind off my problems."

Ask yourself, is that an accurate statement? Does it make you feel better, or do you eat with pleasure and a nagging voice in your head asking if you really should not be doing this?

If you asked a fit and healthy person, "does that bowl of berries make you feel better during and after you eat them?"

The answer would be yes because the berries are sweet and sometimes crunchy and that person feels refreshed from the berries' juice.

They are not feeling any negative thoughts that would occur if they were eating burgers and fries consistently. How you think about food is very important to your weight loss.

## **Day 8**

Have you figured out a ballpark figure of how much weight you would like to lose? Some of us need to lose 20 pounds while others may have chosen 75 pounds.

Don't think of that number in concrete terms because weight typically fluctuates. If you get it in your head that you will lose 20 pounds and you do it, that doesn't mean you will weigh 20 pounds less the very next day.

You may gain a bit overnight. The idea is to pick a number and once you get there, stay within five pounds of that weight from now on. Think of the people who gained 400 pounds plus, and they are confused about how it happened.

Those people talk as if it happened overnight. Actually, it took time to get that heavy. When you are at your ideal weight, you do the work to stay within that range without stressing about it.

Today you will write down the top three things that you know causes the pounds to pack on. You will then eliminate those things from your kitchen.

For example, chips, cookies, and that heavy coffee cream that is advertised like crazy. You can switch to black coffee or add skim milk. Go for it now and get those three things done.

## **Day 9**

We all get food cravings. To manage your weight loss, you need to hit the pause button. This micro habit can be used throughout the day and only takes a couple of minutes.

Starting today, every time you crave food, move away from the fridge into a different room. Take a pause and a deep breath. Ask yourself, "am I famished, or is my brain tricking me into believing I am hungry?"

Decide that if you need to eat, what is there you can have that is fat-free and sugar-free. Your next step is to go back to the kitchen and have a big glass of water.

Sometimes our brain will tell us that we are hungry when it meant that we are dehydrated. Doing this simple recheck of whether or not you actually need food, will help you stay on track. After the glass of water, ask yourself if you are starving and if the answer is yes, have a snack that will fit in with your weight loss goals.

## **Day 10**

Your micro habit is to take three minutes and write out a list of ways to move more. Increasing your motion will help with weight loss and flexibility. You need to be flexible to do your "real" workout. Some examples of moving more are:

Stand up during the television commercial breaks and do some stretching. During commercials breaks, walk up and down any stairs, you have in your house repeatedly.

Every time you are waiting for someone, do some stretching. Every elevator trip should be a stair trip instead. If the floor you are going to is high, walk part way and then take the elevator the rest of the way.

Do a quick walk around the block when you first wake up, then have a healthy breakfast.

## **Day 11**

We won't lie to you. Today might hurt a bit. Earlier, we asked you to remove the obvious foods that causes weight gain, like potato chips. Today we move into the next step.

As you practice micro habits, you will learn to control what you eat by slowly eliminating items from your house and grocery list. For today, you start on the top shelf of your refrigerator and look at each item.

You need to read the labels and check for high sugar content. This can be hidden as a food company will try to trick you by calling a high sugar ingredient by a different name.

You may need to google label contents if you are not sure what they are. You may see fructose, palm oil, or corn syrup on the label. Those are ingredients you need to stop eating.

Take two to three minutes on the top shelf today and follow up by working on different shelves one day at a time.

Once the fridge is done, you can move on to the cupboards or anywhere you store food. Yes, we know about that big plastic bin in your spare room that has some extra goodies hidden away. 😊

## **Day 12**

Drinking the right amount of water based on your factors will help you lose weight. A smaller person who drinks coffee and soda will require a different amount of water than someone who is the same weight but only drinks water and pure squeezed juice.

Remember that caffeine does contribute to dehydrating your body. Drinking water helps you to feel full, and it also flushes out your system. You can find out exactly how much water you should drink using the unique calculator at this link:

<https://www.hydrationsforhealth.com/en/hydration-tools/hydration-calculator/>



This tool only takes about 2 minutes to fill out and receive your answer. Once that is done, decide on when you are going to hydrate.

For starters, plan on a glass of warm water when you wake up and then water every time you take a break or ½ hour before meals.

Of course, you use your exercise period as a trigger to rehydrate as well. Cheers and tip that water bottle.

### **Day 13**

This next challenge may seem complicated, but it is worth doing. You have been cleaning out the undesirable food from the cupboards and the fridge.

Now you need to do two things. Take five minutes and write out a healthy grocery list. During your day, as you think about it, pull the list out and make a note beside each item as to why you decided to buy it.

This exercise will help to build the habit of really thinking about what you put into your body.

At the end of the day, you will have a well-planned grocery list and be excited to try some new foods that may not have ever touched your plate, like okra or Asian pears.

If you have never eaten an Asian pear, you owe it to yourself to try one. They are twice the size of a regular pear and very crunchy with lots of juice. There is one more step to this; taking a few minutes in the day and finding food sales that are close to you.

You might hit a major grocery store and then an Asian green grocery store with fruit and vegetables that may be new to you. Have a fun time with this and enjoy your healthy food.

## **Day 14**

Alright, you made your grocery list and bought the best food to help your weight loss. The secret to successful micro habits is looking for opportunities to chunk things down into doable small parts.

With that in mind, pick the fruit and vegetables that you need to make a healthy at-home smoothie. Wash them thoroughly, and then chop them into small pieces.

Use small freezer bags to store them. Most people prefer to take them out of the freezer and pop them into the blender to make the smoothie cold.

However, we need to build a habit, so before you go to bed, take a pack out and place it directly in front of your skim milk or whatever you would typically take out of the fridge first thing.

This is your alert to build a smoothie before you have that black coffee or green tea.

## **Day 15**

Are you ready for a fun challenge? Today you will look up seven sugar-free recipes for deserts. Everyone loves a cookie or a muffin with their coffee. You can make totally sugar-free deserts with monk fruit juice or something similar.

Grabbing these recipes will only take you a few minutes, and you also need to look for quick and easy-to-make deserts. This way, you can put together something in a hurry during the day and still have it taste delicious.

After lunch or supper, if you are craving something sweet, you have a treat that is fat-free and sugar-free.

## **Day 16**

Dining out may be fun, but it makes weight loss very difficult. Today, start looking at portions for every meal you eat at home. How much are you putting on your plate?

The best way to eat is to eat small portions with healthy snacks in between each main meal. Try using a smaller plate or dish at each meal. This means that you do not have a big plate loaded with food at dinner but instead have a plate that is ½ the size of your normal one.

Today, make sure that you prepare your lunch and have something like a small portion of fish and some green vegetables. When it comes to dinner, if you are using regular size plates, there is no need to cover the entire plate in food.

Make the meat portion the smallest piece on your plate, and the vegetables take up the rest of the space. Raw vegetables are best, or steam them if you prefer. Do not boil your vegetables as the best nutrients will leach into the water.

## **Day 17**

This challenge will see just how committed you are. There is a chance that you eat too fast. Studies have shown that people who eat fast tend to become obese.

There are a couple of factors involved here. First up, when you eat too fast, your stomach doesn't have enough time to recognize it is full. This delays a special signal to your brain. The signal is triggered by hormones released by the stomach, which head to the brain and give it the message that enough food has been eaten.

This takes about 20 minutes, which means if you eat very fast, you have overloaded your system, and it cannot get the message to the brain in time to signal the "all stop" on the eating. Secondly, when you slow down and chew properly, it helps to engage the proper digestive juices for the food in your stomach.

Meat would require a more robust digestive juice to break down the fibers. With that said, your challenge is to time yourself while chewing your food. Heavy foods such as beef should be chewed longer, breaking it down into a good mush before swallowing.

Use an egg timer during your meals today and set the timer. You will need to test some different times because some people find that if they chew every bite for 30 seconds, they lose any enjoyment of the food.

So you can start with 30 seconds and then work downward by decreasing the time by 5 seconds. Try not to go below 10 seconds for each bite. This may take some willpower, but it will be worth it for your weight loss journey.

## **Day 18**

Well, here we are on day 18, and there is a chance you are finding that you have good days and bad in terms of losing weight. That is perfectly normal, so please do not stress about it.

Using micro habits will undoubtedly decrease the number of bad days you have in terms of what you eat and how you exercise. Your brain has been conditioned for some time to trigger an "I'm hungry and need food" alert.

This is an alert you need to change up a bit. When this hits, you will be ready because today, you will prepare small packets of nuts. Get into the habit of keeping a small packet of almonds or walnuts with you, where ever you go.

This means if you are off to the mall, work, or to visit family when that hunger alert hits, you will have a healthy snack and not a massive piece of your Mom's deep dish apple pie.

Almonds and walnuts are the top nuts to eat in regards to helping with weight loss.

Be prepared to enjoy a small packet of nuts two to three times or more per day. Make them small packs, about six to eight nuts only. This will be enough to curb the hunger pangs.

## **Day 19**

Making a concise to-do list before going to bed is an excellent micro habit for productivity. We can also use this micro habit for creating a short one-line sentence for each meal you will prepare tomorrow.

Keep it short, and we can use "two boiled eggs and two thick slices of tomato for breakfast" as an example.

When you have a quick meal plan, you won't be stuck for a dinner idea and think that hitting up the fried chicken place is a good idea.

## **Day 20**

We are going back to rehydration today. Previously we asked you to calculate how much water you actually need, and by now, you should have that written into your food journal. During the day, the reality of hydration is that many people just forget to drink water, especially if they are not exercising as they should.

To help you reach your hydration goals, you will start with the micro habit of alerts for water consumption. We are frequently in the kitchen throughout the day and even in the kitchen at our workplace.

To make this work, every time you use the stove, toaster, microwave, or open a fridge, you first drink a small glass of water. When we say small, we assume your coffee cup is not a monster that you have to hold with two hands.

Take your regular size coffee cup and fill it with water. Drink that down, and then have a coffee or tea. Are you opening the fridge to grab some chopped carrots for a snack? Pour water into your coffee cup and get that water into your system first.

## **Day 21**

You need to use all-natural fat burners instead of the over-the-counter stuff you see in the pharmacy. Turmeric is going to be a big part of your micro habit solution.

Turmeric has so many health benefits that it could be a short report all by itself, but for today all you need to know is it contains capsaicin. Capsaicin will be a considerable benefit in burning fat throughout the day.

Your alert is to sprinkle a bit of turmeric into your meals and snacks. People who use turmeric for pain relief put a teaspoon in their oatmeal, lunchtime soup, or the meatloaf for dinner. You can do the same thing for weight loss.

For your purpose, you can use  $\frac{1}{4}$  teaspoon every time you eat during the day. Making a smoothie, then add  $\frac{1}{4}$  of a teaspoon and blend well. There should not be an issue with your stomach because you spread out the turmeric in small doses.

However, if there is, cut it back a bit and perhaps talk with the family doctor to ensure that turmeric is suitable for you. We suggest turmeric because it has been used for over 5,000 years for pain relief and other health issues. There are a number of spices that help with weight loss, but turmeric is our number one choice.

## **Conclusion**

Congratulations on starting the 21-day challenge for weight loss. Your next step is to print this out and highlight the most important parts of your weight loss journey.

To achieve your goals, remember to be kind to yourself. Self-love makes all the difference in the quest to lose weight and become more fit.

It is a step-by-step journey that starts with your mindset and then taking the actions that will get you to your weight loss goals.

We hope you enjoyed the challenge and look forward to hearing about your success story.