



DHEMM System

WEIGHT LOSS PLAN

With JJ Smith

JJ'S WEIGHT LOSS CHECKLIST

**How to Break Through
a Weight Loss Plateau**



Maintain Healthy Habits

ITEM	Importance	Yes ✓	Will start next week
I completed the Goals Worksheet to identify specific and realistic health and weight loss goals (e.g., lose 30 pounds in 3 months, come off blood pressure meds, move 2-3 times per week, get my hormones tested)	★		
I use a journal to write down how my body responds to certain foods and supplements	★		
I develop weekly meal plans to ensure I eat the right meals to lose weight	★★		
I learn one new piece of information every week to ensure I have the knowledge to lose weight	★★		
I drink half my body weight of water in ounces daily (e.g. if you weight 200 pounds, you'd drink 100 ounces of water)	★★★		
I know how to read nutritional labels	★★★		
I know how to choose healthy meals at restaurants and foods on-the-go	★★		

LEGEND:

- ★★★ Has a significant impact on weight loss and should be done as soon as possible
- ★★ Has a moderate impact on weight loss and should be added at some point
- ★ Has a minor impact on weight loss, but establishes healthy lifestyle habits

Detox! (D)

ITEM	Importance	Yes ✓	Will start next week
I love my liver and regularly do “liver cleansing” and understand its critical role in fat-burning and optimal health	★★★		
I do 2-3 detox methods every week as detoxing is a lifestyle . I know the 21 detox methods to choose from such as, saunas, detox foot pads, body brushing, castor oil packs, etc.	★★★		
I poop at least 1-3 times a day to move toxins and waste out of the body	★★★		
My pee is almost clear and not a yellowish color, which indicates lack of water	★★★		
I monitor a list of the following symptoms to ensure toxins are being eliminated from my body (e.g., bloating, constipation, low energy, brain fog, radiant skin, whiter eyes, no dark circles, weight gain, infections, allergies, headaches)	★★		

Balance Your Hormones! (H)

ITEM	Importance	Yes ✓	Will start next week
I know and understand the hormones that impact weight loss	★★★★		
I have scheduled an appointment with a hormone doctor (endocrinologist/bioidentical hormone specialist) to check the following 6 hormones: insulin/a1c, estrogen, progesterone, testosterone, thyroid & cortisol	★★★★		
I know whether or not I have the hormonal imbalance, insulin resistance, which affects 75% of Americans	★★★★		
I know whether or not I have the hormonal imbalance, estrogen dominance, which affects many women over 35 years old	★★★★		
I know if my cortisol levels are high, a hormonal imbalance which causes belly fat	★★★★		
I know if I have thyroid issues, a hormonal imbalance that slows my metabolism and prevents me from losing weight	★★★★		
I have a plan and treatment (hormone creams, supplements) to optimize my hormones for weight loss	★★★★		

Eat! (E)

ITEM	Importance	Yes ✓	Will start next week
I “eat clean” and actually know what that means. Clean foods are primarily natural, raw, or organic. Clean foods include lean proteins, good carbs and healthy fats	★★★		
I eat a healthy meal or snack every few hours (5-6 times per day). I can name 5 healthy snacks to incorporate in my daily regimen	★★★		
I eat lean proteins (fish, chicken, turkey, seafood, eggs, etc) and I eat lean protein with every meal as they are the #1 food for helping my body burn fat	★★★		
I don’t overeat carbs, even healthy carbs like sweet potatoes, fruits, whole grains as they will work against me	★★★		
I avoid white flour, white sugar, white breads, white pasta, sodas, sports drinks, store-bought juices, and cow’s milk (the top foods that cause weight gain)	★★★		
I avoid foods high in sugar, salt and trans fat (Fried foods)	★★		
I drink healthy beverages like water, lemon water, green tea, detox tea, non-dairy milk	★★		
I add spicy foods (like chili or cayenne peppers) to boost my metabolism	★		

Maintain Your Motivation (M)

ITEM	Importance	Yes ✓	Will start next week
I don't look at weight loss as "dieting and exercise", but I understand it's a lifestyle change and establishing healthy habits will help me lose and keep the weight off	★★★		
I use motivational cues to stay inspired, such as posting positive affirmations and positive self-talk	★★★		
I am patient and plan to stay in it for the long journey, one day at a time. Patience is learned. And I've learned not to obsess over the number on the scale	★★★		
I am willing to make sacrifices and give up some things I love (from foods, sodas, or even reality TV to get my exercise in)	★★★		
I am consistent with my goals and plans. (E.g., If I try a new supplement, I take it consistently for 30 days; I'm consistent in applying what I learn)	★★★		
I maintain accountability to a weight loss support group or online community. Trying to do it alone will make it too hard to stay on track	★★★		
I know how to persevere . During the 1,000 times when I want to quit, I know how to persevere no matter what	★★★		

Move! (M)

ITEM	Importance	Yes ✓	Will start next week
I do the 4 minute Tabata routine 4-5 times per week because its the hottest fat burning routine available	★★★★		
I have selected several different ways that I will “move” so I don’t get bored (walking, zumba, taebo, etc)	★★		
I MOVE at least 3 times per week	★★		
I stop making excuses for not working out (e.g., I don’t have time, don’t want to mess up my hair, etc)	★★		
I find ways to “get moving” even when I can’t get to a gym (work in the garden, shovel snow, walk briskly in the mall, take the stairs instead of elevator, etc)	★		

Leverage Supplements!

ITEM	Importance	Yes ✓	Will start next week
I have identified the supplements that are right for my body and I started with 2 and am taking it for 30 days to measure its effectiveness	★★★		
I take liver cleansing supplements (like liver rescue) to accelerate fat burning	★★★		
I do digestive cleansing (Mag07, Triphala, etc) 1-2 times per week to keep colon clean, bloating down, tummy flatter and waste and toxins out of my body	★★★		
I add additional protein (protein powder, protein bars, etc) to help build muscle mass and burn fat	★★★		
I take DIM if I have estrogen dominance	★★		
I take ALA and/Chromium if I have insulin resistance	★★		
I take COQ10/Ubiquinol to accelerate fat burning and reduce fatigue/assist with anti-aging	★★		
I take CLA to assist with burning belly fat	★★		
I take probiotics and digestive enzymes to improve my bloating and sluggish digestion	★		

Keep Your Metabolism Revved Up!

ITEM	Importance	Yes ✓	Will start next week
I eat breakfast every day (a green smoothie or healthy meal); A high-protein breakfast can boost your metabolism by 30%	★★★		
I eat small, healthy meals or snacks every 3-4 hours (not eating for 5 hours or more slows your metabolism (this is 5-6 small meals/ snacks per day)	★★★		
I don't eat right before going to bed. Give your body at least 2 hours to digest and metabolize your foods since the fat-burning systems slow, rest and repair at night while you're sleeping	★★★		
I sleep at least 7 hours per night (you should be sleeping more than 6 hours in order to burn fat). Lack of sleep also causes low energy, which causes the body to crave sugar, salt and fats	★★★		
I drink half my body weight of water in ounces daily; and I drink cold water	★★★		
I build lean muscle mass as it helps my body burn more fat throughout the day	★★		
I use cheat meals 1-2 times per week to trick my metabolism and burn more fat	★★		
I don't eat the same amount of foods/same meals daily	★★		