

## **3 Weight Loss Mistakes You Need to Fix #2**

Hi there, and welcome back to video #2 of my video training series, “3 Weight Loss Mistakes You Need to Fix”. My name is Jaime, founder of Meal Prep for Weight Loss and No Getting Off This Train, and I am so glad to be back here with you.

In this video, we’re going to talk about accountability with weight loss. But more importantly, I’m also going to show you how this training will help you find the motivation to finally lose weight.

In video #1, we talked about the foods you're eating (and not eating), which was intended to help inspire you to start eating healthier. So if you haven't seen that video, go back and watch it now and then come back to this one!

Today I’m going to build on what we’ve already learned by talking about why you need accountability in your weight loss journey. This will help you break you free of getting stuck every time things get hard and get you on track towards your goal weight so you can be healthier for yourself and your family.

We have a lot to cover today so be sure you have some paper and a pen ready to take notes and follow along.

The truth is that trying to lose weight can be pretty frustrating sometimes.

You're busy. You have no time to breathe, let alone eat healthy and exercise. So your own health falls to the wayside as you focus on your family.

And if you’ve ever faced this before, you’re totally normal.

Even so, you can't let those frustrations stand in your way of eating healthier and losing weight.

The truth is, I didn't have time either. At least, I didn't think I did. I had a toddler at home who needed me every minute and there was no way I could fit in anything else. But after my ER visit, I actually found time. It was waking up an hour earlier every morning to work out, and then eventually spending an hour every Sunday preparing breakfasts and chopping vegetables for the week. We may be busy, but that doesn't mean we absolutely can't find time.

So in this video we're going to get super practical and talk about ways to stay accountable with weight loss. So are you ready to dig in?

The third mistake you might be making with weight loss is that you're not staying accountable. Whether it's with a person, a group, or even a journal, you feel like you can do this alone. And maybe you can.

But I know I couldn't. And thankfully, my husband John was losing weight right along with me. We'd feed off each other (No pun intended) and encourage each other when we were tempted to go off track. We both used MyFitnessPal, and you can copy meals from a friend's diary onto your own. That, in a way, was keeping me accountable as well- knowing that I was responsible for creating John's dinner as well as mine.

I also recorded my weight every week in the app. It has a cool line graph that shows your progress; and for someone that's more visual like me, it was so encouraging to see that line slowly go down. Of course, it went up sometimes as well; but that's all part of weight loss.

If you don't have or want an accountability partner, do something to track your progress. When it's written down, you're more likely to go through with it. That's why I created this weight loss tracker for you! Download it and print it out. Hang it on your fridge, your office wall, wherever you know you'll look at it every day. Just looking at your progress helps motivate you to go further.

Your goal after this session is to find accountability. Tell your spouse or a family member. Join a Facebook group of like-minded people, or even just post on your Facebook or Instagram page that you're starting this journey. Write down your goal and start tracking it. You can even comment on this video and tell ME. But take that first step and know that once you say it, you have to do it.

Okay, so now that you've learned about accountability, let's spend a few minutes looking at what this process looks like in action through a short case study.

Kayla joined right away when I launched the beta version of my course, Meal Prep for Weight Loss. I'll bet that, like you, she wanted something to help keep her accountable as well. Not only did she use the weight loss sheets, she started using the meal prep sheets that were also included. They're helping her stay organized with her meal prep- and if you're organized and have a plan, you're more likely to EAT what you make and stick with your weight loss goals.

And she's still posting in our Facebook group, with meals that she's made and

different healthy actions. She jumped right in and didn't look back, and I'm amazed at her progress!

Okay, so as a review: You need accountability. Find a family member, a friend, a group, or even just a way to track your goals and progress. When you speak it into existence, you're more likely to go through with it. It's a lot of info, so be sure to review your notes and try to take action right away!

And speaking of taking action, before we go today, I want you to leave a comment right below this video and tell me one thing you're going to do this week to start your weight loss process. Will you tell a friend? Make a goal? I'm excited to find out!

In the next video I'm going to show the exact track to run on to get to eating healthier and losing weight. If you're struggling with how to get started, this is going to be a game changer for you!

Speaking of healthy food and making goals, I've also been getting a lot of questions about Meal Prep for Weight Loss. In the next video I'll tell you all about it and how you can get started.

Next up, we'll talk about how to take the next step toward hitting your weight loss goals and cooking healthy food. I'll see you in the next video!