

The Curvy Goddess

FIT & FOOD JOURNAL



Created by Diane Williams

More motivation at CurvyGoddessWorkout.com

PREFACE

First of all, thank you for downloading *The Curvy Goddess 90-Day Fit & Food Journal*. The journal is created specifically for Curvy Girls. This journal is a tool that will help you realize your fitness, health, and weight loss goal à la Curvy Goddess style.

The Curvy Goddess 90-Day Fit & Food Journal is your *Go-To Guide* in implementing the success formula for healthy curves, which has resulted in healthy curves and weight loss success for many of my curvy clients and customers.

It's designed to inspire and motivate you throughout the process of achieving your big, juicy body goals.

So Let's Go and Get It, Girl!

DISCLAIMER

Note that the information provided in *The Curvy Goddess 90-Day Fit & Food Journal* is designed to provide helpful information on the subjects discussed.

The Curvy Goddess 90-Day Fit & Food Journal is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician.

The publisher and author are not responsible for any specific health, psychological, physical needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in *The Curvy Goddess 90-Day Fit & Food Journal*.

WELCOME

First of all, thank you for downloading *The Curvy Goddess 90-Day Fit & Food Journal*. The journal is created specifically for Curvy Girls. This journal is a tool that will help you realize your fitness, health, and weight loss goal à la Curvy Goddess style.

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So Let's Go and Get It, Girl!

STOP... Do This First!

I'm guessing you're going this alone.

Many of us are alone on our journey.

I've been a personal trainer for plus size women for over 23 years. I know what it takes to succeed.

There is one distinct factor that is present in EVERY single success story.

Every single client of mine who succeeded, found ***positive connection through accountability.***

Now you CAN do this alone, but you don't have to.

Take 2 seconds right now to [click here to talk to me, creating a Fitness Refocus Game Plan.](#)

When we talk, I will help you create a plan that'll finally give you more clarity and will help you focus on what actually works!

Talk to you soon!



THE HUNGER SCALE

Part of the Curvy Goddess success formula for healthy curves is eating whole foods and tracking your hunger by using the Hunger Scale. It's far more intuitive and more accurate than counting calories, and in the long run can be easily part of a long-term healthy lifestyle.

So it really is about being conscious and aware as often as possible, aware of what you're eating and of your hunger levels.

I know.

This might be super tough for right now, since you have probably been told by other people when you should eat.

- Eat 3 square meals a day; breakfast, lunch, and dinner, plus a snack.
- If you want to lose weight, eat 6 small meals a day.
- Make sure you don't go under your allowance of 26 points.
- To find out your daily caloric allowance here is the formula: $12 \times \text{Your Ideal Weight}$

Blah, blah, blah...

Have you heard any of these tips to lose weight?

I have. And I thought they were the TRUTH.

I never really questioned these seemingly arbitrary weight loss methods.

Well, now they don't make sense to me, because for decades I would incorporate these strategies and they never worked.

I now use a simple method to find out if I should or shouldn't eat, and that is listening to my body.

And now I'm going to share this method with you.

Healthy weight loss consists of eating whole foods only when you're hungry and until you're satisfied, not full.

I repeat.

You are eating whole foods only when you're hungry and until you're satisfied, not until you're sick to your stomach or even until you are full.

Understanding what hunger really feels like will take some practice or it may surprisingly be easy; easier than counting calories any day!

For me, when I learned the *Eating to Hunger* method, I thought it was really cool. Finally, I didn't have to count calories any longer.

I still could lose weight, plus maintain my bodyweight.

And anyway, I could never, ever follow a diet where I had to count points and calories, so *Eating to Hunger* seemed like a cinch.

It was freeing because it was simple; not really easy because I had to also deal with my emotions.

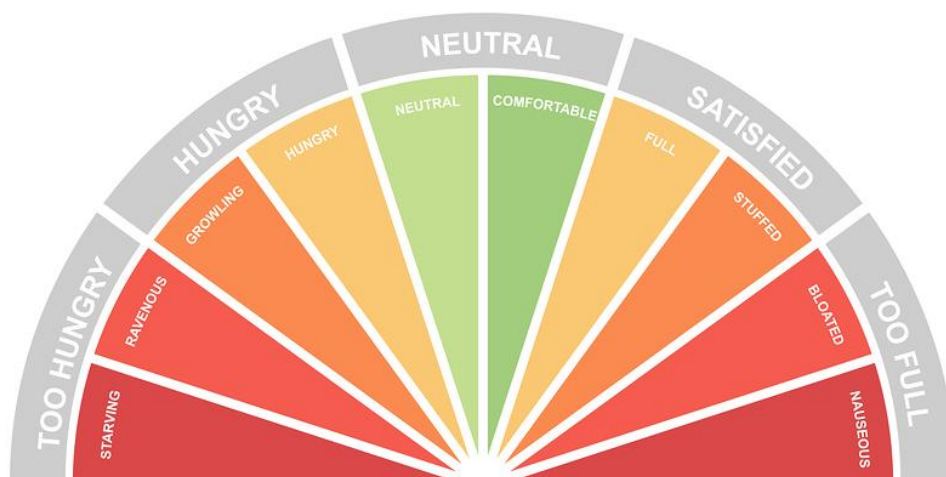
No more eating, because I was angry or sad or bored.

Following the Hunger Scale will be your friend for a while.

Learn it.

Study it well and apply it by recording your meals and your hunger level before and after each meal in your journal.

Understand it so you can finally understand what your body is saying to you.



THE HUNGER SCALE

On the following page is an example of how I use the Hunger Scale. Let me walk you through this . . .

I am between a **3-Growling** and a **6-Comfortable**.

I eat when I am at 3 and sometimes if my blood sugar levels are balanced I can go a little below 3, before having to eat.

I am never irritated when I am at 3 anymore, if I'm eating a healthy whole food meal, which for me, means NO GRAINS.

When I eat, I stop at a **6-Comfortable** on the Hunger Scale, which means that I am satisfied, but I don't feel full.

I have room to eat more at a 6. But if I do eat, then I am feeling full, which truthfully doesn't feel good. It never did.

Feeling satisfied with food is healthy weight loss NOT eating past 6-Comfortable or 7-Full, according to the Hunger Scale.

Using the *Calorie Counting* method for healthy weight loss doesn't make sense, because you may need more than another Curvy Girl because of what you do and the intensity levels you reach during your workouts, also because of your body composition.

How do you know how much you need?

Again the answer is: Refer to your individual hunger level.

Your appetite knows.

I feel that I need to repeat this. It's very important.

DON'T GO HUNGRY!!

But when you eat don't go for the grains and legumes; the beans and rice, the corn, the bagel and pasta, the crackers and bread.

There are so many other choices that are healthier for you.

The chicken, spinach, creamed cauliflower mash. How does spaghetti squash with shrimp sound?

You could even have steak and potatoes with broccoli!

SHOCKING!!

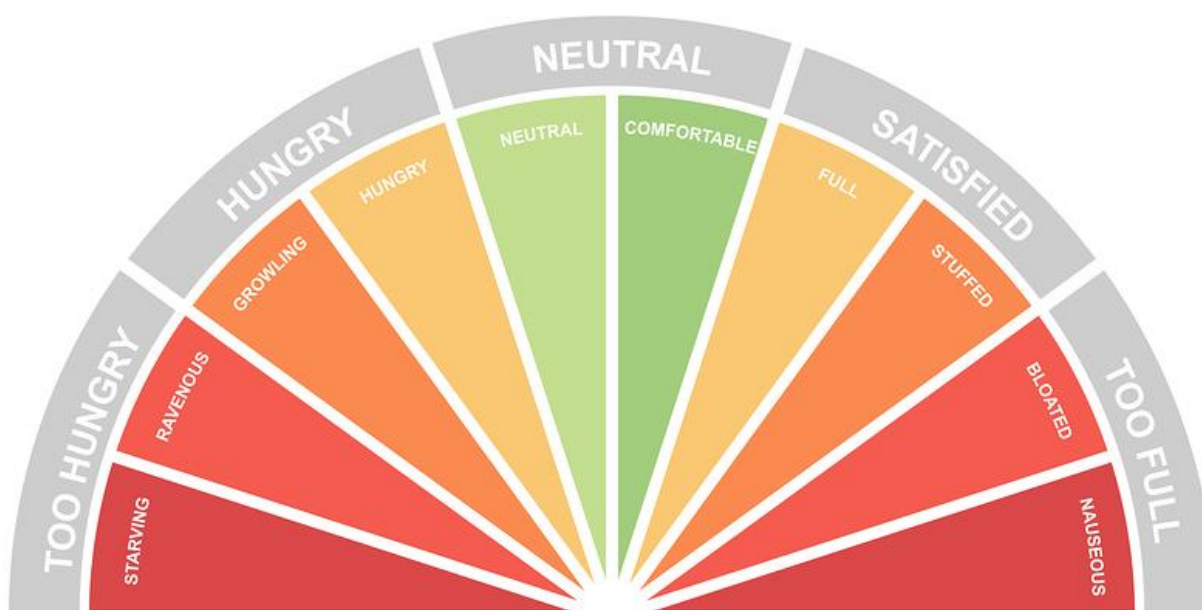
Just make sure that you refer to the Hunger Scale especially in the very beginning.

I promise.

You'll be really good at this and understand your body and your hunger and will just know when you are at a 3 or a 6 if you're consistent in using your *Curvy Goddess Fit & Food Journal*.

Some Big Takeaways . . .

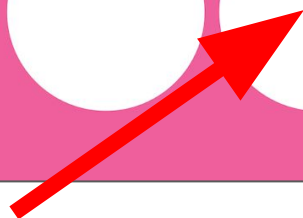
- Using the Hunger Scale is more individualized for you in finding out when YOU should eat.
- Understanding the Hunger Scale will help you understand what hunger is, maybe finally for the first time in your life.
- Make sure to never go past the point of hunger.
- Using the Hunger Scale is a lifetime solution to your life-long weight problem.
- Keep track of your food intake and your hunger levels with your *Curvy Goddess Fit & Food Journal*



THE HUNGER SCALE

SAMPLE PAGE

30 DAYS



NOTES: This is the countdown page. Use the circle areas to jot down important dates; e.g. Curvy Goddess Challenges, personal training appts., gym time.

The "NOTES" area gives you more room for notes! :)

SAMPLE PAGE

Crystal Clear Vision: Self-Reflection and Goal Setting

I'm going to walk you through the starting process. It'll help you dig deeper, so by the end, your goals on your weight loss and fitness journey will be crystal clear.

You'll know exactly why you're on this journey and what will be there for you at the end of the 90 days. (Don't skip this part. It's a crucial step to your success on this journey.)

Present Situation

How do you feel physically and emotionally right now?

I feel super bloated right now and a complete failure. I need to start right now and keep this up. Can I do this? Can I succeed? I'm never ever going to quit. I want to finally put myself first in my life, because I deserve it!

What has discouraged you in the past?

The inconsistency. I give in too easily because I go too hard and extreme in the beginning and when I mess up I just give up altogether.

How will you overcome this discouragement?

I'm so glad that I have The Curvy Goddess Fit & Food Journal! I'm going to focus on consistency and long-term commitment rather than perfection and being extreme.

What do you dislike about your body? And what do you like

about your body? *I don't like my big stomach. I like that I'm strong and have strong legs. I also like that I'm tall.*

The Vision

Do you want to lose some dress sizes or do you want to lose some weight? Describe what you will look like and how your body will feel in 90 days from now.

Ideally, I would start looking awesome and confident at 90 days, losing about 30 lbs. But most importantly, finding a flow in my healthy eating and workout routine and sticking to it.

At 90 days, it's starting to feel good doing something for myself that's very important to me and my well-being.

What do you think your life will be like when you lose the weight and/or lose some dress sizes? I think I'll have a lot more confidence and also energy. Other things in my life will feel less scary. I almost feel invincible.

How will it make you feel accomplishing this goal? I will be very proud of myself.

Level of Commitment ...Now decide how badly you want it.

Are you willing to give what it takes to see the above happen?

Yes, I will.

What are some of the action steps you'll take to see to it that you'll make it happen?

- * Sign up for the SOS Keto program and do the 28-Day Curvy Goddess Keto Challenges throughout the year.
- * Use my Curvy Goddess Fit & Food Journal everyday.
- * Work out everyday even if it's for 7 minutes.

Goal Setting

What's your 90-Day Goal? (Make sure that your goal is crystal clear and you can almost see it in your mind.)

I am a comfortable size 16. I look forward going to the gym everyday, doing something great for my body and achieving one of my dreams. I love eating healthy food because I know that's why my skin is glowing and looking healthy and I have this amazing energy. I'm in such a great mood most of the times and if I'm not I know that popping in some headphones, listening to my favorite music and walking will get me in a better mood.

What's the 90-Day End Date? **Tuesday, May 7, 2019**

Set Mini-Goals and Reward System Break down your 90 Day goal into 30-day steps. Remember: Each "stepping stone" will bring you closer to your bigger goal.

Choose the reward you're going to give yourself when you accomplish your mini-goal.

Mini-Goal in 30 days/Reward

March 8, 2019 - Work out every single day/Chanel's Gardenia

Mini-Goal in 60 days/Reward

April 7, 2019 - Size 18/90 min. massage

Mini-Goal in 90 days/Reward

May 7, 2019 - Size 16/Ticket to anywhere in the states for vacay

SAMPLE PAGE

Start of the Week Progress Journal

DATE: February 7, 2019

Weight/Dress Size: 221 lbs/20

Measurements:

Chest:

Waist:

Hips: Use measuring tape
to measure.

Right Arm:

Left Arm:

Right Thigh:

Left Thigh:

Right Knee:

Left Knee:

Right Calves:

Left Calves:

Habit of the Week: Choose a habit you'd like to focus on for the entire week.

Work out for at least 7 minutes per day.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also any triggers that you've noticed that made you feel this way.

I'm super excited to start this new journey and to use my Curvy Goddess Fit & Food Journal.

I'm going to focus on eating when I'm hungry and eating whole foods. And avoid night eating. If I need to snack on something, I can choose pickles, olives, and pickled carrots with lots of water.

SAMPLE PAGE

Fit & Food Tracker

DATE: Thursday, Feb. 7, 2019

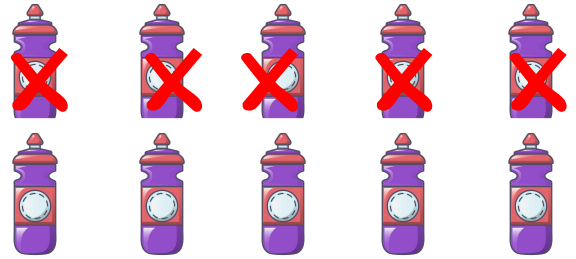
Did you stick to your habit today? Y or N **YES!**

Breakfast: Bulletproof Coffee

Hunger # Start: 3

Hunger # Stop: 6

Water Tracker:



Lunch: 3 egg omelette with spinach, ham, and feta cheese

Hunger # Start: 2

Hunger # Stop: 6.5

Dinner: Chicken thigh with salad and balsamic vinaigrette

Snack: NOT HUNGRY

We don't count calories, but we track hunger, using the Hunger Scale.

Hunger # Start:

Hunger # Stop:

Hunger # Start: 3

Hunger # Stop: 6

Did you move your body? (Type of exercise; CG Workout, core, stretch)

10 minutes of elliptical

Circuit of TRX squats/ 15 reps, standing cable rows/15 reps, TRX lunges/15 reps, cable triceps pushdowns/15 reps (2 sets)

How long? 25 minutes

How did you feel before and after? Didn't feel like doing it, but I only committed to doing 7 min. After the 7 min. I wanted to do more.

SAMPLE PAGE

Week Ending Progress Journal

DATE: Wednesday, Feb. 13, 2019

Habit Results: How did your chosen habit go? What was the result?

It was awesome! I worked out for at least 7 minutes every single day. But on most days I did more than 7!

Q&A Corner with Diane:

Q: When I try to lose weight I quit too soon. How do I become perfect with my diet and exercise?

A: It's not about "being perfect". It's about getting started and not quitting.

It's going to be messy, so holding onto the idea that you have to be perfect is going to slow you down or it may likely stop you. What's more important to you? Being perfect or getting results?

My clients who give it up are the ones who progress the farthest because they are truly in the process of "doing" rather than trying to be perfect.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

WOW! I feel really great right now. I've really accomplished so much this week.

Can't wait for the Curvy Goddess Challenge which is coming up soon! I'm ready!!

Surprisingly, my clothes fit just a smidge looser. And I feel less bloated.

Crystal Clear Vision: Self-Reflection and Goal Setting

I'm going to walk you through the starting process. It'll help you dig deeper, so by the end, your goals on your weight loss and fitness journey will be crystal clear.

You'll know exactly why you're on this journey and what will be there for you at the end of the 90 days. (Don't skip this part. It's a crucial step to your success on this journey.)

Present Situation

How do you feel physically and emotionally right now?

What has discouraged you in the past?

How will you overcome this discouragement?

What do you dislike about your body? And what do you like about your body?

The Vision

Do you want to lose some dress sizes or do you want to lose some weight? Describe what you will look like and how your body will feel in 90 days from now.

What do you think your life will be like when you lose the weight and/or lose some dress sizes?

How will it make you feel accomplishing this goal?

Level of Commitment ...Now decide how badly you want it.

Are you willing to give what it takes to see the above happen?

What are some of the action steps you'll take to see to it that you'll make it happen?

Goal Setting

What's your 90-Day Goal? (Make sure that your goal is crystal clear and you can almost see it in your mind.)

What's the 90-Day End Date?

Set Mini-Goals and Reward System. Break down your 90 Day goal into 30-day steps. Remember: Each "stepping stone" will bring you closer to your bigger goal.

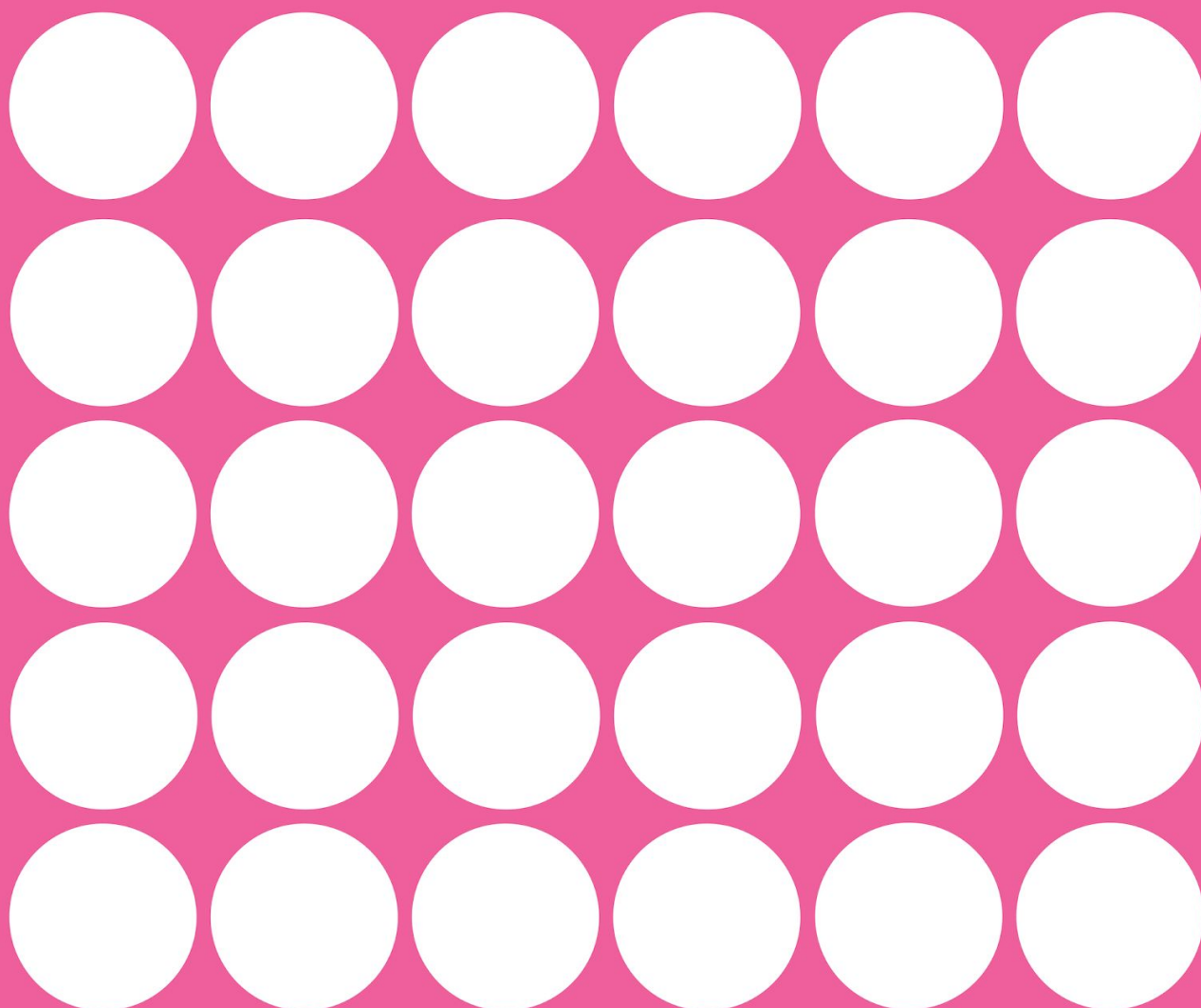
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Mini-Goal in 30 days/Reward

Mini-Goal in 60 days/Reward

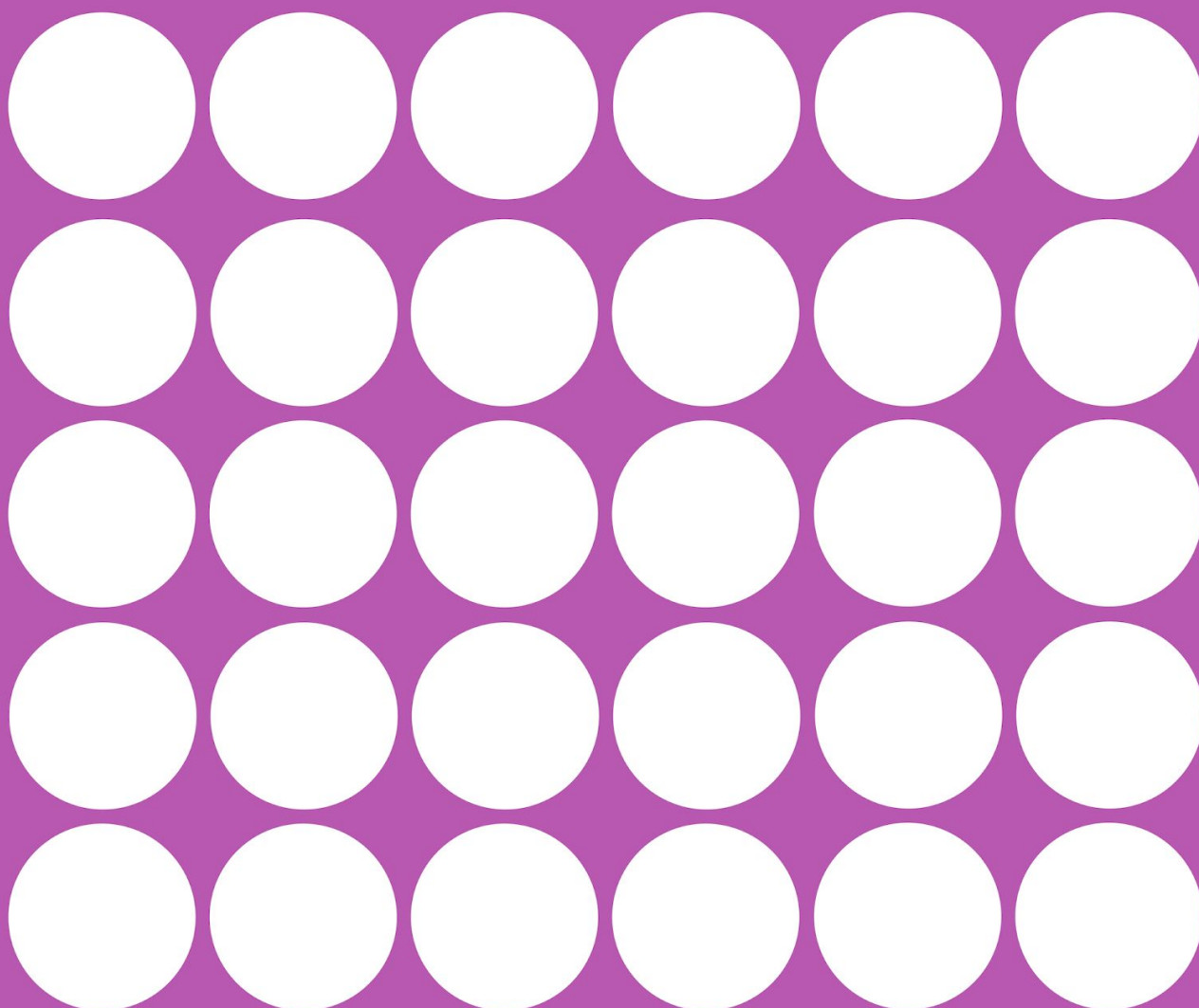
Mini-Goal in 90 days/Reward

30 DAYS



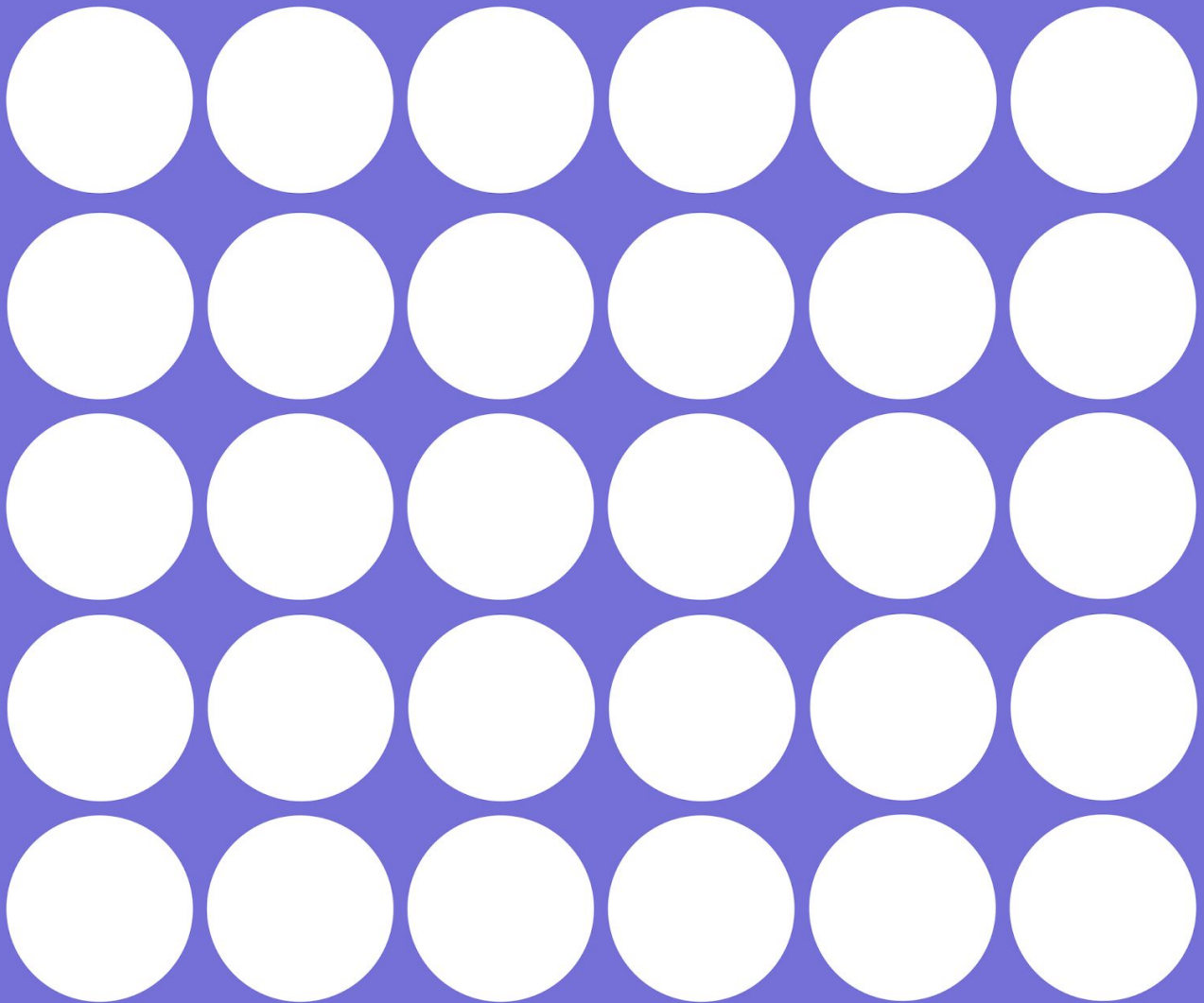
NOTES:

60 DAYS



NOTES:

90 DAYS



NOTES:

WHATEVER YOU DO,

DON'T QUIT,

BECAUSE AS HARD

AS IT IS TO STICK

WITH IT, STARTING

OVER IS EVEN

HARDER.

KEEP. SHOWING. UP.

Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Measurements:

Chest:

Waist:

Hips:

Right Arm:

Left Arm:

Right Thigh:

Left Thigh:

Right Knee:

Left Knee:

Right Calves:

Left Calves:

Habit of the Week: Choose a habit you'd like to focus on for the entire week.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also any triggers that you've noticed that made you feel this way.

Fit & Food Tracker

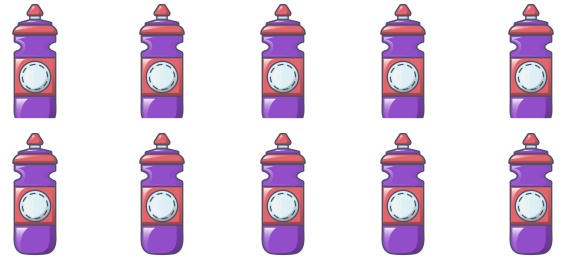
DATE:

Did you stick to your habit today? Y or N

Breakfast:

Hunger # Start:
Hunger # Stop:

Water Tracker:



Lunch:

Hunger # Start:
Hunger # Stop:

Dinner:

Snack:

Hunger # Start:
Hunger # Stop:

Hunger # Start:
Hunger # Stop:

Did you move your body? (Type of exercise; CG Workout, core, stretch)

How long?

How did you feel before and after?

Fit & Food Tracker

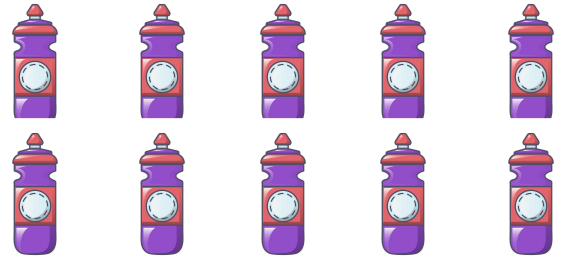
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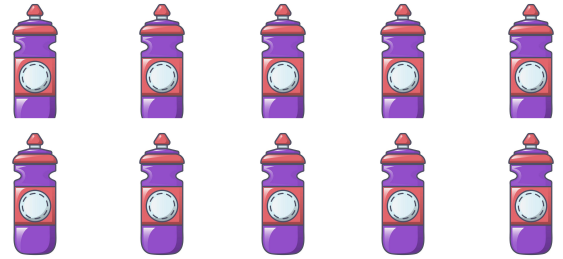
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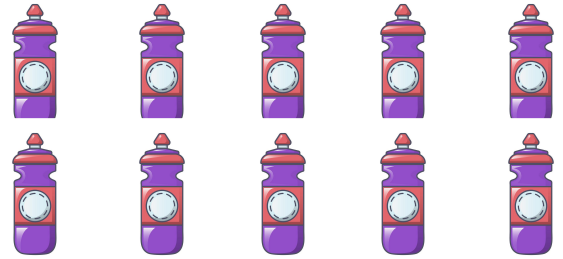
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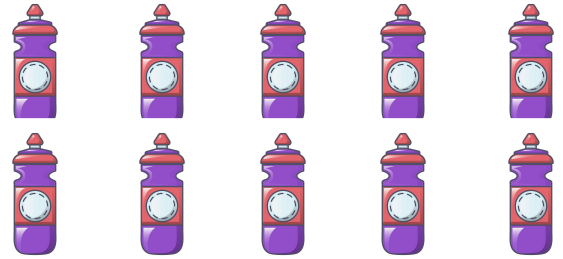
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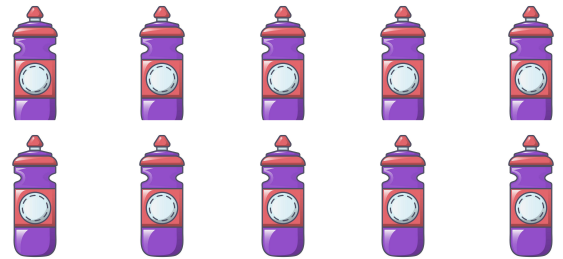
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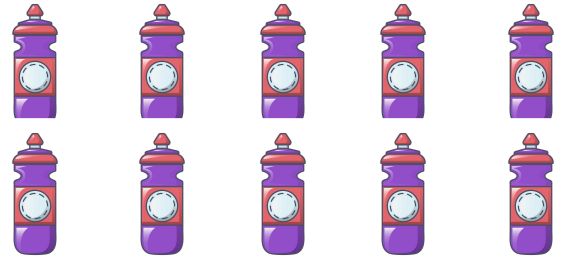
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Did you move your body? (Type of exercise; CG Workout, core, stretch)

How long?

How did you feel before and after?

Week Ending Progress Journal

DATE:

Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: What is the best exercise for weight loss?

A: I am asked this all the time. And many variations of the same question; the best exercise for weight loss, the best exercise machine for weight loss, the best class for weight loss,

The best exercise for weight loss is the one that will get you going on a healthy lifestyle and making exercise a part of your life. I know. It's the kind of answer you don't really want. But it's true.

Whatever exercise makes you begin a workout routine is the best one.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

WAKE UP.
KICK ASS.
REPEAT.
BE MORE, DO MORE



Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Success Story:

Amber has had a hard time losing weight. She has PCOS, doesn't have a gallbladder and was pre-diabetic. She has lost 50 lbs anyway.



Habit of the Week: Choose a habit you'd like to focus on for the entire week.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also any triggers that you've noticed that made you feel this way.

Fit & Food Tracker

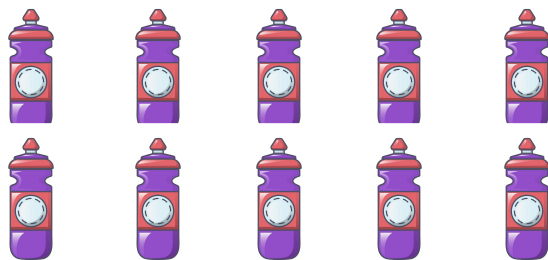
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Week Ending Progress Journal

DATE:

Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: How can I transform my body into a firm, shapely one?

I'm tired of trying and not achieving this goal of mine that I've had for so many years.

A: It seems that the clients who do succeed are the ones who are consistent in implementing solid habits almost everyday.

*Be consistent with the workouts.

*Eat healthier and smarter. Cut out sugar and processed food.

*Get a good night's sleep.

*Keep a progress journal.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.



Sore is
the New
Sexy



Start of the Week Progress Journal

DATE:

Weight/Dress Size:

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Fit & Food Tracker

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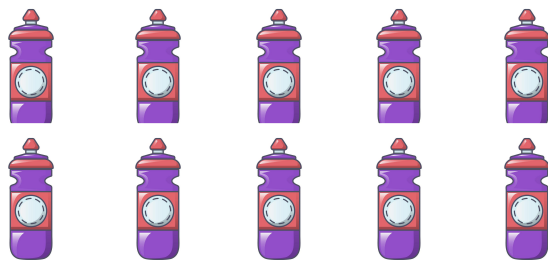
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Week Ending Progress Journal

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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: What is the diet to be on to lose weight; vegan, paleo, or keto/low carb?

A: You can lose weight with all the above, but it's very important to know what kind of lifestyle you have at the very moment and what your mindset is. Do you know that saying, "Know Thyself"?

Well, it's extremely important to be self-aware so you can decide which is the best plan for you based on your present lifestyle and your goals.

Also pre-existing health issues need to be considered when making the decision.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

*Fear is
a liar*



Start of the Week Progress Journal

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Measurements:

Chest:

Waist:

Hips:

Right Arm:

Left Arm:

Right Thigh:

Left Thigh:

Right Knee:

Left Knee:

Right Calves:

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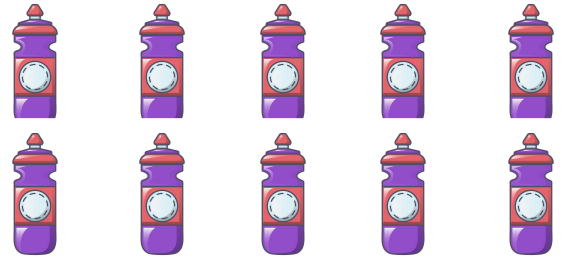
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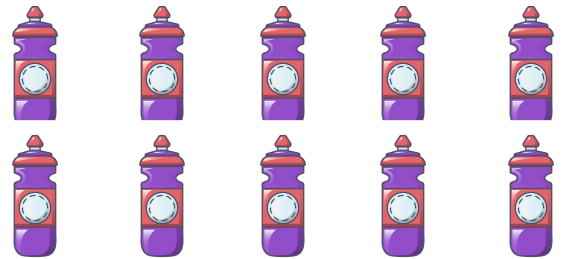
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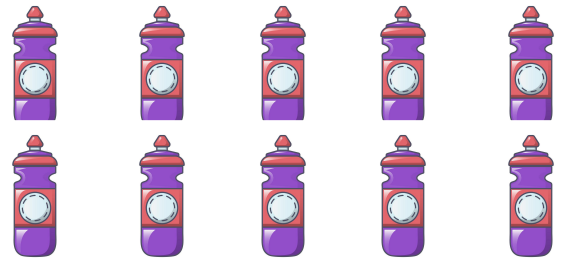
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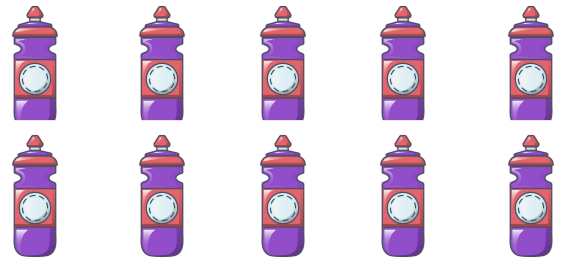
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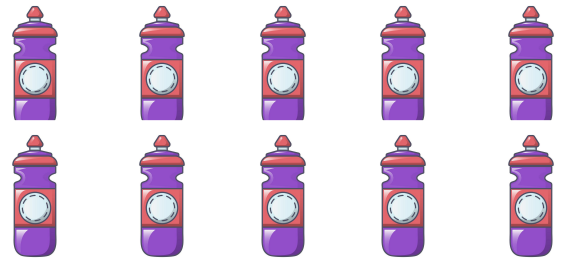
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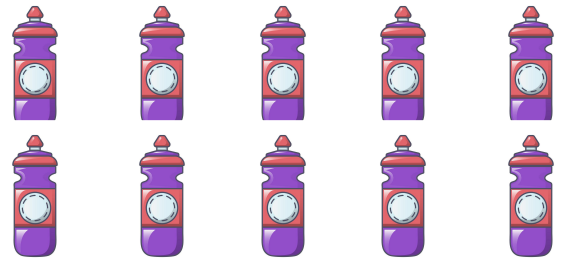
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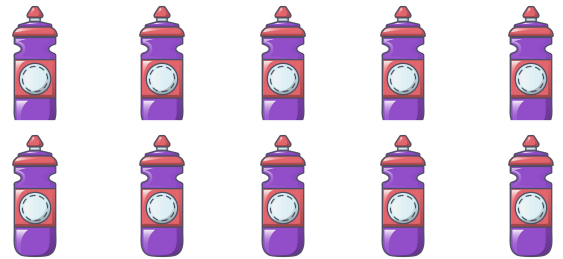
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Week Ending Progress Journal

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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: What is the best exercise machine for weight loss?

A: You're not going to focus on one machine! Repetitive motion will cause injury easily.

So when you've "mastered" walking then let's open up your mind and body to taking a fun workout class, maybe some yoga and pilates. If you like dance then dance fitness would be your best exercise routine.

Hire a personal trainer through a referral because there are so many personal trainers out there who don't have the qualifications and don't know how to train plus size and curvy women.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

You are BEAUTIFUL.
You are STRONG.
You are WORTH IT!



Start of the Week Progress Journal

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Weight/Dress Size:

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Habit of the Week: Choose a habit you'd like to focus on for the entire week.

Weekly Reflections:

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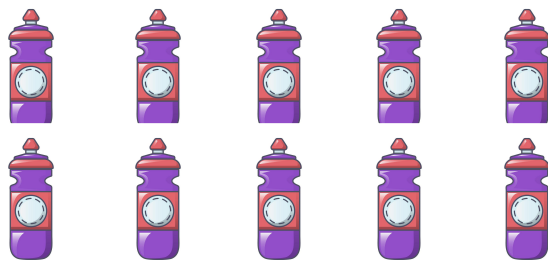
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Week Ending Progress Journal

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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: I have this big tummy bulge and I just hate it. I do 1000 crunches in the evening before I go to sleep but it doesn't seem to be working. What am I doing wrong?

A: You can do thousands of crunches daily if you'd like, but you're wasting your time if you think it's going to reduce the size of your stomach. First of all, you can't ever "spot reduce". You can't target an area and think that it's going to get smaller.

The key is to focus on decreasing bodyfat and inflammation in your body. Eat whole foods. Stay away from sugar and incorporate resistance and core training.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

Stop
Wishing.
Start
Doing.



Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Success Story:

Steffany of Steffany Allen Style is a fashion stylist in NYC and a Curvy Goddess fan since the very beginning. She is now in the SOS Keto program.



Weekly Reflections:

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Week Ending Progress Journal

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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: How do I start on my weight loss and fitness journey? There's just so much out there. How do I choose?

A: I think the key is to make the decision, begin, and stick to it no matter how long it's going to take.

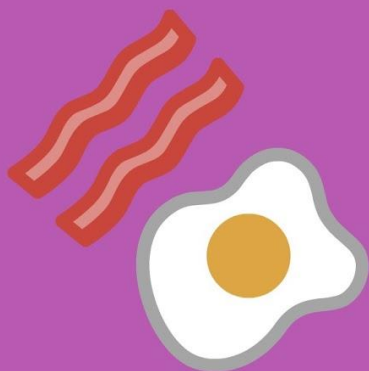
Accept now that this isn't about perfection. The sooner you accept this, the sooner the journey will be less painful for you.

You know you're going to fall off a number of times. But then get back on right away and continue doing your thing.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

Today is your day
To Start **FRESH.**
To Eat **RIGHT.**
To Train **HARD.**
To Live **HEALTHY.**
To Be **PROUD.**



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Waist:

Hips:

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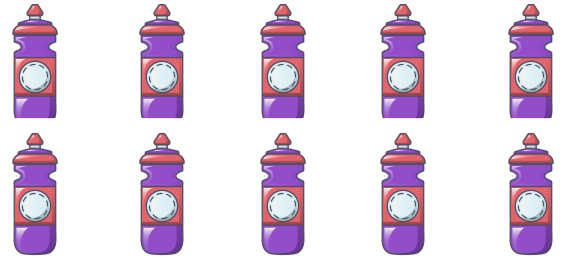
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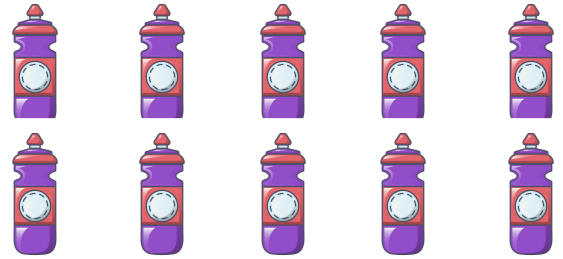
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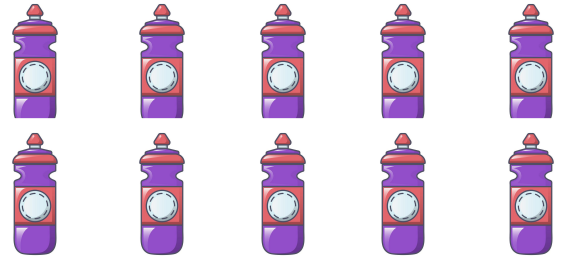
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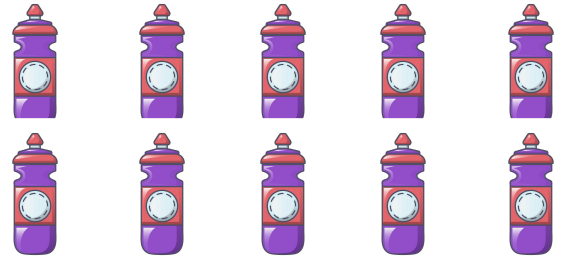
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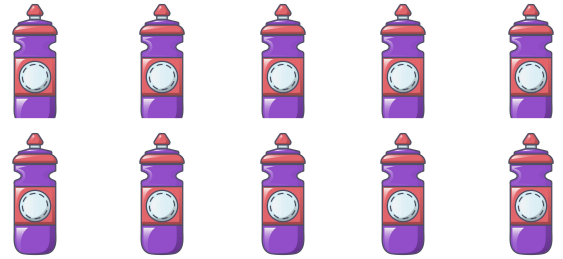
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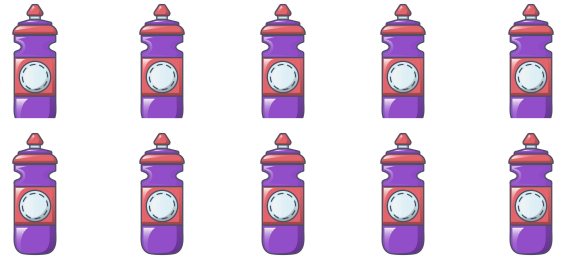
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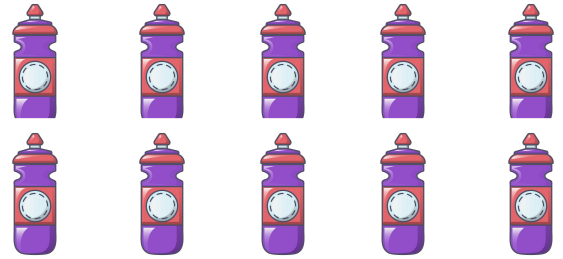
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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: Should I do weights or aerobic exercise for weight loss?

A: Let's focus on having a well-rounded exercise program and not have it be an either/or situation.

Let's have a strong heart. Let's be flexible. Let's build stamina and endurance. Let's be able to lift our baggage easily in the overhead carry-on compartment for a fun vacation! Let's do both cardio and resistance training.

Exercise for strength, for flexibility, for endurance, and for a number of other aspects of what a healthy body can be.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

COMMITMENT
MEANS STAYING
LOYAL TO WHAT
YOU SAID YOU
WERE GOING TO DO
LONG AFTER THE
MOOD YOU SAID IT
IN HAS LEFT YOU.

Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Notes:

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Fit & Food Tracker

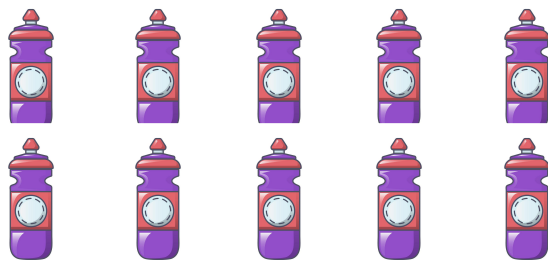
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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: I am very busy, but I know I need to exercise. I just can't seem to find time. How do I exercise?

A: Most of us have busy schedules, but some will find the time to exercise and some won't. Like anything new you have to create time for a new habit. You need to do the same with exercise.

* Wake-up earlier or do it later in the evening.

* Invest in a personal trainer or coach to make it happen.

* It's a mindset issue. Commit to 7 minutes and see what happens after.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.



I feel
beautiful
when I
sweat.



Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Success Story:

Elisabeth has battled her weight all of her life and has won! She does Curvy Goddess Workouts 3x/week and is in the SOS Keto program.



Habit of the Week: Choose a habit you'd like to focus on for the entire week.

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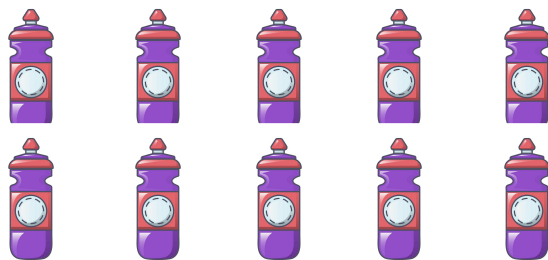
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Week Ending Progress Journal

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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: How do you stay motivated and consistent?

A: Here are a few key tips.

- * Choose the least path of resistance. Don't make it so extreme with exercise and dieting.

- * Drop the perfectionist attitude. Don't buy into having to be perfect on your journey.

- * Don't wait for motivation to overtake you and think then you'll be able to take action.

- * Get a personal trainer or coach to guide you through the rough times.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

**WORK OUT
NOW
SO NEXT YEAR
EVERYONE
BE LIKE...
HOLY SH*T**



Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Measurements:

Chest:

Waist:

Hips:

Right Arm:

Left Arm:

Right Thigh:

Left Thigh:

Right Knee:

Left Knee:

Right Calves:

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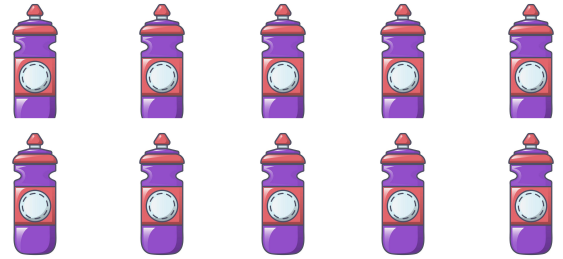
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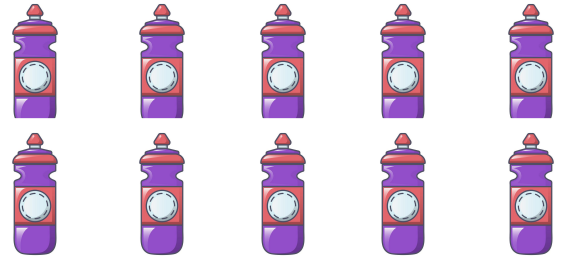
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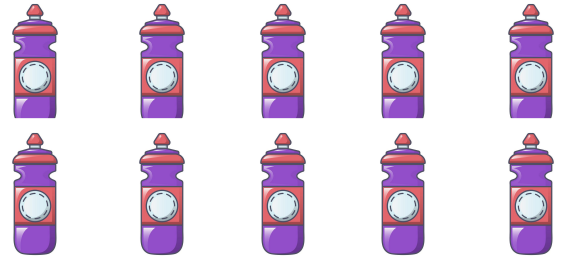
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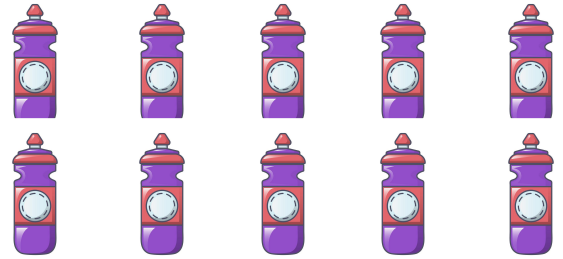
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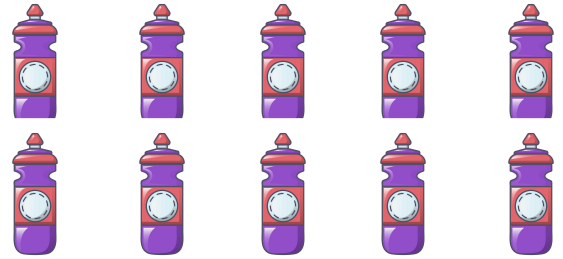
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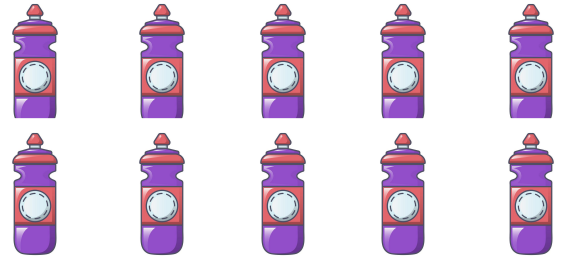
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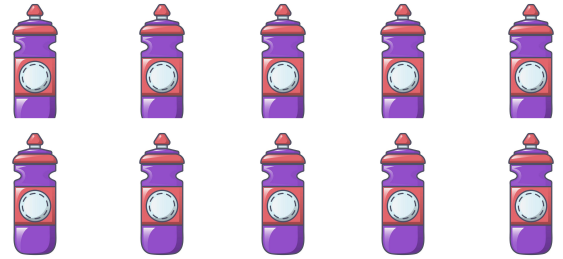
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Week Ending Progress Journal

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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: I want to start working out and am a beginner. I'm thinking of taking a bootcamp class. Should I?

A: As a trainer for many years, I wouldn't recommend them for a plus size woman beginning. Here are some things to keep in mind if you're going to do it anyway.

- * Speak to the trainer before class expressing you're a beginner.

- * Make sure to focus on correct movement and form.

- * Modify the exercises if too hard.

- * Warm-up for 10 min and stretch at the end.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

PROVE
THEM
ALL
WRONG.



Start of the Week Progress Journal

DATE:

Weight/Dress Size:

Notes:

Habit of the Week: Choose a habit you'd like to focus on for the entire week.

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Week Ending Progress Journal

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Q&A Corner with Diane:

Q: How do I correct my poor posture?

A: Here are some tips for acquiring better posture.

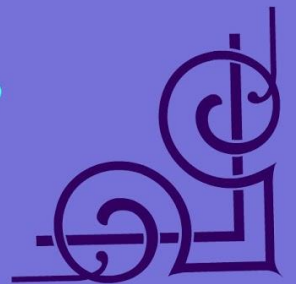
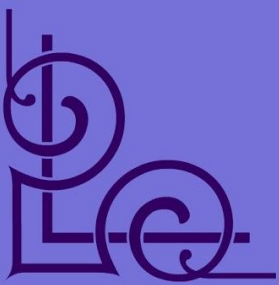
- * Stretch the chest, front of the shoulders, and latissimus dorsi.
- * Strengthen your core with core stabilization exercises. (Crunches do not strengthen core.)
- * Strengthen the rhomboids and rear deltoids with exercise targeting those muscles.
- * Take breaks throughout the day by taking a walk and/or standing for a few minutes.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.



Definition of a
really good
workout: When
you hate doing it,
but you love
finishing it.



Start of the Week Progress Journal

DATE:

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Success Story:

Joy felt it was time to invest in herself. Curvy Goddess Workouts at the gym and at home, plus an accountability plan with Diane.



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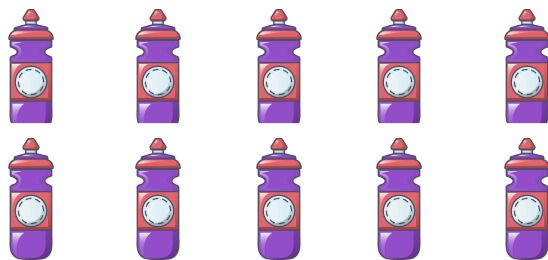
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Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: I just started working out and I'm wondering how I can make the most of my workouts and get the best results possible?

A: Here are a few tips to maximize your workouts.

- * Make sure you don't get stuck using the weight machines every single time.

- * Change your routine and step out of your box of comfort by training your body using free weights.

- * Watch your form. It will help decrease your risk of injury drastically.

Weekly Reflections:

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**YOU DON'T
need TO HAVE
IT ALL FIGURED
OUT TO move
FORWARD.**



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Measurements:

Chest:

Waist:

Hips:

Right Arm:

Left Arm:

Right Thigh:

Left Thigh:

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Water Tracker:



Lunch:

Hunger # Start:
Hunger # Stop:

Dinner:

Snack:

Hunger # Start:
Hunger # Stop:

Hunger # Start:
Hunger # Stop:

Did you move your body? (Type of exercise; CG Workout, core, stretch)

How long?

How did you feel before and after?

Fit & Food Tracker

DATE:

Did you stick to your habit today? Y or N

Breakfast:

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Hunger # Stop:

Water Tracker:



Lunch:

Hunger # Start:
Hunger # Stop:

Dinner:

Snack:

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Did you move your body? (Type of exercise; CG Workout, core, stretch)

How long?

How did you feel before and after?

Week Ending Progress Journal

DATE:

Habit Results: How did your chosen habit go? What was the result?

Q&A Corner with Diane:

Q: What are the best exercises for leg joint problems?

A: First of all, it's really important to see a physical therapist for a diagnosis and therapy.

I need more specifics with this question. There is nothing called the leg joint. There's the knee, ankle and hip joints, but the leg is not a joint.

Another thing, the joint isn't usually the actual problem. Most of the times it's a muscular problem (weakness/tightness) or fascia that are the issues that make you feel pain in the joint area or have mobility problems in the joint area.

Weekly Reflections:

Record how you're feeling right now; physically, mentally, and emotionally. Also record any differences from the start of the week compared to now.

Take the Next Step!!

Old habits are hard to break.

You can't just wake up one morning and break them.

You need to do something about it.

Start RIGHT NOW.

Click below so I can help you create a **Fitness Refocus Game Plan** for your weight loss and fitness journey

[YES! I want a Fitness Refocus Game Plan](#)

When we talk, I will help you create a plan that'll finally give you more clarity and will help you focus on what actually works!

Talk to you soon!

- Diane



[Click Here for Your Fitness Refocus Game Plan!](#)

