**Success Tips**

Set goals

Make a chart to track their progress, so they can see how well they are doing

Start slow, do not try and do everything all at once

Find something to act as a reward other than food.  For example, if there is a movie that the person you are caring for wants to see, then set a goal such as, exercising four out of the seven days in a week for a minimum of four weeks, and after completion, reward them with seeing the movie of their choosing.

Goals:
Try to maintain eight hours of sleep
Drink at least eight glasses of water and push for half your body weight in water. For example, if you weighed 200lbs, you should aim for 100 ounces of water.
Retrain the brain to eat when hungry, not when you are bored.
    If you find yourself picking out of boredom, find a way to distract yourself by doing something else for ten minutes. For example, read a book, take a walk outside, walk away from the food
Keep a food diary or track intake on your phone if you have a smart phone
Learn to eat only at the table and not in front of the TV or in bed
Start with a goal to lose one to two pound per week and as you get closer to your goal weight, focus on losing a half of a pound to a pound a week
Make it a habit to get in 30 minutes of exercise at least four days per week

Never get discouraged, do not let one bad day define you or your progress, learn from the slip up and start again!

Remember every day that you conquer gets you closer to your goal!

Slow and steady wins the race!