

***500 Words for each chapter will produce 15,000 words for just that content, will need a few more changes, or an expansive intro or outro?**

Title: The Fiber Guardian Chronicles; An Epic Journey Towards Weight Loss: Utilizing 32 Foolproof Tactics

Table Of Contents

Preface

- 1) The Book as a book
- 2) The full scope of this book, give a breif rundown
 - a) story
 - b) water
 - c) food tactics
 - d) working out
 - e) stress reduction
 - f) how to do it
 - g) final thoughts
- 3) It will be about the Fiber Guardian's journey but it will be stock full of tips to lose weight
- 4) It will read mostly like a non-fiction book, but it will have elements of humor and story to keep the reader intrigued.
- 5) At any point you will be able to skip to any tactic that you like by following the table of contents
- 6) each tactic will be clear within the story!

Introduction

- 1) Explain title
- 2) Life is tough, learn to embrace simplicity
- 3) accept that each tactic in here might not be knew to you. There is a lot of information in here that you already know
- 4) The need to want change and to take action.
- 5) Each weight loss tactic will include a:
 - i) Practical application and how to do it
 - ii) Fiber Guardian story element
 - iii) reason why it is a good idea
 - iv) Link to each tactic within the introduction or the table of contents?
- 6) Weight loss is not easy
 - a) briefly talk about the fiber Guardian's backstory and how this story came to be
- 7) Discuss 4DX principles listed above. Talk about how each one is extremely important, and small changes will be found across all aspects of the model. Do not specifically discuss the model, but give credence to it when writing
- 8) Get a health upgrade, sit back and read this book!

Free Bonus

- 1) Create a free bonus for fans
- 2) Make sure to put this early on in the book
- 3) 10 workouts to do at work? Pocket manual for small change? 6 month challenge? Master all of the small changes by checking off each of the habits that you have formed? Every time you go a full week of doing the habit each day you can cross that habit off of the scoreboard
- 4) Create a scoreboard that they can use!

Section 1 The Fiber Guardian's beginning

*Section intro??

Chapter 1 Who is The Fiber Guardian? Plus Tactic #1: Focus

- 1) Tactic 1 is to focus on the your goal and not get distracted by too many other tasks like focusing on calories or carbs, etc.
- 2) Use elements of the Story that I wrote for Nugo
- 3) connect with readers here
- 4) use the objections section from my notes to add in a little bit more connection
- 5) Make mention of some of the major tactics that I used and reference that they will show up later.
 - a) continual re-evaluation
 - b) chili
 - c) water, and that I dedicated an entire chapter to it! I could feel my power lifting, as if my wings were beginning to spread. Every gulp of natures freshest substance imbued the power of the Gods upon my very soul.
 - d) high fiber foods
 - e) consistent exercise
 - i) lifting
 - ii) walking
 - iii) workouts at work, share the workouts at work tips here!
 - f) Miranda's support
 - g) Enjoying things, and enjoying food
- 6) Provide a hook for readers to continue learning about all of the tactics that this book will present
- 7) my ignorance in the beginning with how little I really knew about eating healthy and how I didn't know which foods to eat

Section 2 The Most important Tactic

*Section intro??

Chapter 2: The importance of Water: Tactic #2

- 1) Start with story of the Fiber Guardian needing to drink more water
 - a) didn't like it at first
 - b) always drank soda
- 2) Tactic 1 is simple, drink more water
- 3) Water is the single most important tactic I can share with my readers
- 4) utilize my water post for a lot of the information for this chapter
- 5) encourage readers to start drinking more water, whatever it takes!
- 6) Provide alternatives to drinking plain water
- 7) Water is one of the Fiber Guardian's power chargers

Section 3: Mealtime Weight Loss Tactics

*Section intro??

Chapter 3: Trying out some High Fiber Foods Tactic #3 (Really go into detail with this chapter)

- 1) How the Fiber Guardian came into existence, with the apple! Can reference the Youtube video if I want.
- 2) The Fiber Guardian's 5 favorite high fiber foods. Can go into a little detail here, but not too expansive. Maybe go over the health benefits of each??
 - a) Apples
 - b) Almonds
 - c) Wheat pasta
 - d) Chili
 - e) Fiber bars
- 3) List out 10 other high fiber foods
- 4) talk about each one, but not in as much detail as my other book, but can use that book for the reference?
- 5) why fiber is good for you

Chapter 4: Find a food that you like Tactic #4

- 1) It is important to find a food that you like within these foods
- 2) I found that I loved eating beans, apples, and wheat pasta
- 3) you can still enjoy eating when you eat healthy
- 4) some of the best foods are actually healthy for you, but it takes time to make these foods, as well as find these foods
- 5) It is obviously easier to go to a fast food joint and eat a juicy burger, but it is healthier to take the time to eat healthier foods

Chapter 5: Focus on Fiber: Tactic 5

- 1) How I put my focus on fiber
- 2) Focus on fiber by making sure you get the recommended daily amount
- 3) Talk about that recommended amount
- 4) why focusing on this nutrient truly makes a difference
 - a) because it gives you more opportunities to eat fruits and vegetables
 - b) it is a singular thing to focus on, instead of trying to be perfect and focus on everything
- 5) Health benefits of high fiber foods

Chapter 6: Don't be afraid to try new foods: Tactic 6

- 1) Going to the grocery store and finding new foods can be exciting and uplifting!
- 2) There are so many foods out there to try that are healthy for you
 - a) fruits
 - b) veggies
 - c) cereal

- d) fiber bars
- 3) reference the unexpected high fiber fruits article and use some of the those foods in the chapter
- 4) how trying new things is good for you and how change is good
- 5) finding something that you love can make all of the difference, in that it will give you a new food to add to your repertoire

Chapter 7: Make Dinner at Home: Tactic #7

- 1) The fiber Guardian's epic journey of eating chili all of the time
- 2) It is always better to make your own food at home
- 3) reference a stat that eating out is bad for you
- 4) more cost effective than eating out for sure
- 5) Can be a good relational thing to do, invite friends over, learn to cook, cook with your significant other
- 6) List out some easy meals to cook at home
 - a) chili
 - b) pasta
 - c) avocado fajitas
 - d) use the fiber guardians 75 fiber foods list to help list some here

Chapter 8: Wait 5 minutes after you finish your plate to add more food to it: Tactic #8

- 1) It is so easy to just jump of your seat to get seconds, but do you really need it?
- 2) How one of my biggest problems is eating too much. Too much good food can still be bad for you!
- 3) Only make just enough food for you if this becomes really difficult. A huge bowl of chili is delicious, and you might want to always go back for more, but sometimes it might be better just to make a little bit!
- 4) This will result in less calories consumed over time

Chapter 9: Include something healthy in every meal: Tactic #9

- 1) This can be particularly helpful if tactic #8 proves to be difficult, as you can add something that it is okay to eat more of
 - a) green beans
 - b) a fruit
 - c) broccoli
 - d) eat your fill of any veggie side
 - e) go and get more of just the veggie
- 2) I made sure to make baked beans as a side for a lot of my meals. These can be high in sugar, but it worked for me!
- 3) be sure to include plenty of examples here of good sides to add to your meals
- 4) This is easy to do if you plan ahead and make sure you keep these items in your pantry or fridge
- 5) This even applies when going out to eat. Substitute veggies instead of fries, or better yet, make your entire meal a salad.
- 6) This can apply to every meal of the day
 - a) breakfast- fruit
 - b) lunch- nuts
 - c) dinner- salad or veggies

Chapter 10: Reduce “added” sugar intake: Tactic #10

- 1) I only had soda on the weekends
 - a) one of the hardest things I have done
- 2) watch the sugar content of all foods you ate eating
- 3) research why sugar is bad for you, include the thing about what a can of coke does to your body! Go over this in detail
- 4) Where I am at currently with this? No more soda at all
- 5) where are other popular high sugar foods?
 - a) some cereals
 - b) certain fruits

6) Why it is okay to eat sugar when it is natural compared to added

Chapter 11: Increasing Protein Intake: Tactic #11

- 1) I had a lot of protein while I was first losing weight
- 2) Lifting and protein and weight loss and how they match up
- 3) Protein health benefits
- 4) what does protein do?
- 5) common high protein foods also have a lot of fiber often times, so this will help you with tactic #5

Chapter 12: Always have frozen fruits and vegetables available: Tactic #12

- 1) How I made smoothies all of the time and how this really boosted my weight loss
 - a) share smoothie recipe with kefir or greek yogurt
- 2) the health benefits of smoothies
- 3) why frozen fruits can be better than fresh fruits and vegetables
 - a) always ready for you to eat, won't go bad in your freezer and can be used at any time
 - b) they are frozen soon after being picked and thus no nutrients are lost to aging
- 4) veggies can be easily added to any stir fry or cooked up quickly as a side. This will go nicely with tactic #9

Chapter 13: Don't be afraid to still eat the foods you love once in awhile

- 1) it can take a long time to begin to change your habits. Don't feel like going on a diet means that you need to be eating a carrot and a piece of lettuce for dinner as this is not the case!
- 2) Pick a night or two and feel free to let yourself go a little bit. Other people recommend being more restricted, but again I am sharing what worked for me!

- 3) I personally ate poorly every friday night while I was first losing weight
 - a) mt dew,
 - b) a boli
 - c) and fries
- 4) This method isn't for everyone, but I found that it was important to me to be able to have something to look forward to and be able to let loose a little bit!

Chapter 14: Bring healthy snacks to work: Tactic #14

- 1) This is a fairly straightforward tactic, but it is huge for weight loss
- 2) I always bring in an apple and banana every day so I have them on hand
- 3) surround yourself with good food
 - a) pistachios
 - b) almonds
 - c) apples
 - d) bananas
 - e) fiber bars
 - f) yogurt
 - g) carrots and celery in baggies that you can grab out of the fridge easily
- 4) Look up other healthy lunch options to take to work
- 5) This will help to avoid the temptation to eat all of the food that is brought into work by other people that work in the office!
- 6) How to combat the problem with the office!

Chapter 15: Drink more Jo: Tactic #15

- 1) drink more coffee!
- 2) Coffee can accelerate weight loss by stimulating thermogenesis
- 3) I have coffee every single day! It took me a long time to drink coffee without added sugar, but I currently do this

- 4) <http://livewell.jillianmichaels.com/black-coffee-weight-loss-4922.html>
- 5) Don't like coffee? Start off with a mocha and work your way to it. It is much better than a bottle of soda, and eventually you will be able to drink it without sugar and with very little creamer like me!

Section 4 Getting Physical with Weight Loss: Fitness Tactics

*Section intro??

Chapter 16: Find something you love to do that is active : Tactic 16

- 1) Find a sport or activity that you love to play/do. For me it is ultimate frisbee, and I play this as often as I can! Tennis is also a really good option
 - a) gardening
 - b) running
 - c) find other random activities that people might not think of that they could get into!
- 2) the benefits of working out by doing something you love
- 3) the feeling of competition against others vs. just yourself
- 4) the consistency of a league sport. If you are in a league you will probably have games every week.
 - a) helps keep you accountable
 - b) something to look forward to

Chapter 17: Walk Everywhere: Tactic #17

- 1) Walking is one of the best things you can do
- 2) how often I walk
 - a) cafe
 - b) walks with my wife
 - c) how I listen to audible on my walk
 - d) walk in just about any weather

- i) keep your phone in a ziploc if it is raining
 - (1) carry that ziploc in your wallet if needed!
- 3) reference my walking post and list out a bunch of the amazing health benefits
- 4) why walking is easy to do and why everyone can do it
- 5) Give readers my walking calendar. Send them a link to it right in this post without needing to sign up.
- 6) sign up for a walkathon
- 7)

Chapter 18: Train for a 5K: Tactic #18

- 1) When I ran my first 5K
 - a) didn't run the whole time
 - b) it was a TON of fun
- 2) How it can seem daunting, but it is doable!
- 3) Training can be an awesome way to see progress and reach for your goals
- 4) my wife and I ran a bunch after we ran the 5K. it really motivated us to be better runners, and this carried over BIG TIME into the next frisbee season.
 - a) We were both able to run more and run longer and we ended up being way better players because of it
- 5) research how goal setting can be huge for weight loss and progress. Talk about this later as well.

Chapter 19: Lifting for Weight Loss and Health Improvement: Tactic #19

- 1) How I lifted weights when I was first losing weight 2-3 times per week
- 2) the benefits of weight training
- 3) it can be really cool to see results and to see your muscles grow
- 4) better self image
- 5) feeling sore and feeling really good about being sore!

- 6) How weight lifting can carry over into the next day as your muscles continue to recover, can help you burn more calories more consistently

Chapter 20: Interval Training: Tactic #20

- 1) how intervals can be super fun and easier to do than just running
- 2) intervals with any type of machine
 - a) bike
 - b) steps
 - c) treadmill
 - d) outside running
 - e) how sports can be like interval training
- 3) it is easier to do because you get to rest in between and you don't need to worry about setting a pace
- 4) intervals are great for weight loss because they also can help with burning more calories over time, even after you finish the workout
- 5) the health benefits of doing interval training and what you can hope to accomplish by doing it.

Chapter 21: Body Weight Exercises: Tactic #21

- 1) How easy it is to do bodyweight workouts at home and at work, you can literally do them just about anywhere!
 - a) List at least 10 body weight exercises to do at work- use my free PDF as a guide here!
- 2) it is super cheap
- 3) What I did for this, pushups and jumping jacks whenever I could remember, staying active as often as I possibly could!
- 4) You can burn fat—fast.
<http://greatist.com/fitness/start-bodyweight-training>
- 5) Just a few minutes of a bodyweight circuit training can have a major impact on the body's metabolism. If you've ever heard of the

afterburn effect, you know that even when your workout is over, your body can still be revved for hours to come.

- 6) very difficult to injure yourself doing body weight exercises

Chapter 22: Yoga for Balance, Weight Loss, and Fitness: Tactic #22

- 1) yoga is easy to do. I do it at home with my 5 dollar yoga matt and my amazon prime videos
- 2) nothing eases my mind and soothes my body more than yoga
- 3) the trancelike relaxation state that you get to is incredible and lifechanging
- 4) It can help you to breathe and to focus on your breath. It is a good opp. for your body to slow down and focus on living and not merely existing
- 5) improved sleep
- 6) improved posture
- 7) Practical steps to start yoga
 - a) join a club
 - b) buy a mat
 - c) get a yoga dvd or amazon prime
 - d) just do it!
 - i) You will not be perfect but this is okay. No one is perfect their first time and it might take a while before you can do even some of the most basic poses.

Chapter 23: Take the Stairs: Tactic #23

- 1) Taking the stairs is not always doable wherever you go
- 2) if you do have stairs at home, you can always do a quick set up and down to get your heart pumping. This is a good way to start to train your body to be able to do intervals
- 3) Buy a stairmaster
- 4) How Miranda and I took the stairs while on vacation

- a) talk about how doing this is a great way to combat the rough time that comes when going on vacation and eating delicious but horrible food.

Section 5 Weight Loss through Stress Reduction

*Section intro

- 1) how stress is a major contributor to obesity-
<http://www.everydayhealth.com/diet-nutrition/food-and-mood/stress-and-dieting/stress-and-other-causes-of-obesity.aspx>
- 2) The stress response also suppresses the immune system, increasing susceptibility to colds and other illnesses.
- 3) thankfully there are many tactics that you can use to reduce stress and to feel better
- 4) How well these tactics have worked for me to reduce the stress in my life
 - a) things are not perfect, but it is much better than it could be!
- 5) An overview of the tactics that can be used to reduce stress
- 6) Why stress reduction is paramount to living a long and healthy life and ultimately reaching your ideal body weight
- 7) binge eating
- 8) stress eating
- 9) emotional eating
- 10) How being calm and collected truly affects all aspects of your life

Chapter 24: Kick Boredom to the Curb and find a hobby: Tactic #24

- 1) How the Fiber Guardian fights boredom
 - a) working on this blog
 - b) reading
 - c) playing sports
 - d) learning about anything I can!

- e) Board games
 - f) Video games on occasion
- 2) Why boredom helps fight stress
- a) something to look forward to
 - b) it can be thing that you think of all the time because you love it, you are so passionate about your hobby that you want to be doing it all times whenever possible
- 3) Find something you love and boredom will fly away and you will never have to face it again.
- a) I haven't been bored since I started this website and writing
- 4) Finding a hobby is a very similar tactic to #16, but the lucky part about this one is that it does not need to be a physical hobby as any hobby works for this tactic
- a) the key is to fight boredom
- 5) The problem with boredom-<http://www.theguardian.com/lifeandstyle/2012/oct/14/boredom-is-bad-for-health>
- a) overeating
 - b) drug and alcohol use
 - c) depression and anxiety
 - d) increased risk of making mistakes
- 6) how that relates to obesity and being unhealthy
- a) eating because you are bored
- 7) There are countless hobbies you can get into it that will help with boredom
- a) knitting
 - b) crocheting
 - c) reading
 - d) playing board games
 - i) there are some awesome board games out there, for adults, and kids, and it is a great way to make friends too!
 - e) Collecting stamps, coins, etc.
- 8) Looking for a weird hobby? -http://www.oddee.com/item_97171.aspx

- 9) Regardless of what you choose it is just important to be involved in something!

Chapter 25: Sleeping more (or less!). Finding your sleep amount sweet spot: Tactic #25

- 1) How do I make sure to get enough sleep? Following a strict rem cycle (research here?) either 6 hours or 8 hours.
- 2) How oversleeping can be a bad thing
 - a) <http://www.webmd.com/sleep-disorders/guide/physical-side-effects-oversleeping>
 - b) http://www.huffingtonpost.com/2015/02/16/sleeping-too-much-health_n_6672274.html
- 3) Lets face it tho, most people do not get enough sleep
 - a) ask the reader if they get enough sleep?
 - b) do they feel as if they could sleep more?
 - c) how do they feel when they don't get enough sleep?
- 4) Too little sleep leaves us cranky, irritable and on edge. Sleep is the best natural stress reducer as sleeping repairs the body
- 5) Practical steps to getting more sleep
 - a) going to bed earlier. Duh! But making a point to get more sleep is the first step to getting more sleep...
 - b) avoid meals or too much caffeine before bed
 - c) drink decaf tea before bed to calm your system
 - d) turn the lights off and stretch to loosen up your body and destress
 - e) sleep naked
 - f) sleep in complete darkness
- 6) You know yourself better than anyone else, learn what your optimal sleep time is and stick to it!

Chapter 26: Focus on your breathing by utilizing breath prayers: Tactic #26

- 1) How I am still learning this, (Miranda asks me “do you take any deep breaths during the day?)
 - a) still working on making it a habit to regularly take deep breaths
- 2) Breathe in and out slowly and say a short prayer to your higher power (or think positive thoughts)
- 3) This will calm your mind and reduce your heart rate, which will in turn slow your brain down.
 - a) I often find myself moving way too fast, and it can be hard to slow down and take a deep breath in these moments!
 - b) Story of trying to save time in kitchen only to spill flour everywhere or other example
- 4) Deep breathing seems unnatural
 - a) “For many of us, deep breathing seems unnatural. There are several reasons for this. For one, body image has a negative impact on respiration in our culture. A flat stomach is considered attractive, so women (and men) tend to hold in their stomach muscles. This interferes with deep breathing and gradually makes shallow “chest breathing” seem normal, which increases tension and anxiety.”
- 5) deep breathing benefits
 - a) major stress reduction
 - b) clears the mind
 - c) “Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.”
- 6) Focus on the breath
- 7) Create a routine and get in the habit of practicing deep breathing.
- 8) Deep breathing is also highly important in meditation, which is our next tactic!

Chapter 27: practical Meditation: Tactic #27

- 1) Talk about what meditation is
 - a) the quieting of the mind

- b) praying if you pray, or just thinking positive thoughts if you do not pray
- 2) Meditation is not something I do frequently, but it is something that all of us should get into
- 3) Spending quiet time and how that can seem like forever at first
- 4) stress relief
- 5) (meditation mitigates the effects of the “fight-or-flight” response, decreasing the production of stress hormones such as cortisol and adrenaline)
- 6) More efficient oxygen use by the body
- 7) How to learn to meditate- <https://www.nyimc.org/how-to-meditate/>
 - a) devote the time to it everyday
 - b) learn aboutt what meditation really is
 - c) morning is better than night
 - d) as long is comfortable plus 5 minutes
 - e) choose an object
 - i) breath
 - ii) feeling of the body

Chapter 28: Get a dog or cat, or fish! Tactic #28

- 1) Having a companion that you take care of that is not yourself
- 2) lowers your blood pressure
 - a) better than drugs-
<http://stress.about.com/od/lowstresslifestyle/a/petsandstress.htm>
- 3) they are really cute
- 4) fish are calming and soothing, especially if you have a big enough tank where the water filter drips water into the tank
- 5) They always love to see you
 - a) love you unconditionally
 - b) stave off loneliness
 - c)

- 6) feeling needed for more than your own needs
- 7) encourage exercise because dogs need to be walked, cats need to you to leave the house so they can be alone, and fish need you to do well pretty much anything you want...
 - a) more approachable when we are outside walking the dog
 - i) more socially adequate

Chapter 29: Pick a bad habit that you have and get rid of it! Tactic #29

- 1) It can be any bad habit, even a bad habit that you just started or have had for a while
- 2) I got rid of the habit of drinking soda every day
- 3) stop smoking, you hear it everywhere, but today is the day that you can choose to stop! It is obviously hard, and I can agree that i don't know what it must feel like to be addicted to nicotine, but I will tell you that anything is indeed possible!
- 4) hate your job? quit it. It is not good to live for a job that you just don't like
- 5) it doesn't matter what it is, but choose to stop one of your bad habits today! It is up to you to decide what the looks like!
- 6) upload the soda videos to youtube and then link to them here! Show them how I was serious about making the change and not drinking soda anymore!

Chapter 30: The Healing Powers of Green Tea: Tactic #30

- 1) How I currently try to drink 2 cups of tea while at work. Especially on the really tough and stressful days.
 - a) I can feel my body getting calmer and my insides to not lurch and burch as much as the normally do towards the end of the week!
- 2) the health benefits of drinking green tea
 - a) how it can help you not to get sick

- b) feelings of relaxation
- 3) Practical ways to drink more tea
 - a) have some at your office
 - b) keep a mug on hand
 - c) green tea is super cheap
- 4) it is soo easy to make, just heat a cup of water up in the microwave for 1 minute and drop your teabag in and you got it!
- 5) drink a cup right now and tell me that you don't feel instantly a little bit more relaxed!

Chapter 31: Listen to music to soothe your mind: Tactic #31

- 1) “Listen To Music Research points to multiple ways in which music can help relieve stress, from triggering biochemical stress reducers to assisting in treating stress associated with medical procedures.”
- 2) How listening to music can pump up your mind and how it can be a huge asset to any workout
- 3) How the fiber guardian listens to owlcity.
- 4) helps to explore emotions
- 5) productivity increases when stress is reduced, so lobby to listen to music while at work!
- 6) You can listen to music anywhere at any time.
 - a) be more particular about what music you listen to at what time, but it is up to you to decide what music you like!
 - i) maybe more classical while at work?
 - ii) Something more up beat to get you ready to go in the morning
 - iii) something even more calming at night after a long day
- 7) Spotify and Pandora are great ways to listen to music you like while being able to learn about new artists too

Section 6 How do I do it?? 4DX Principles

*Section Intro- be sure to relisten to the 4dx disciplines so I can more easily write this section.

- 1) Why use these principles
- 2) don't list the principles out exactly, but use them to frame the section
- 3) talk about how each one will be extremely practical in the sense that you will be able to really start to see progress in changing your life goals

4DX Major Points (Be sure to address these throughout Book!!)

- 1) Setting goals and creating a wig**
- 2) Making Lead measures- this will be the major scope of this book for sure, as the small changes will be the lead measures**
- 3) Scoreboard, discuss the scoreboard and all of the necessary factors and assets**
- 4) Accountability. Weekly meetings with someone to keep you on track, or however you want to do it. Don't go it alone if you can help it.**

Chapter 32: Set a crazy insane goal for yourself: Tactic #32

- 1) make sure it follows a specific formula of from x to y by z
 - a) From 200 pounds to 150 pounds by December 15th.
- 2) Work crazy hard for your goal
- 3) It has to be big and it has to be epic. You can do it!
- 4) Al decided that I want to eat better and lose weight. I did not set a specific goal but I recognize that my progress would have been much faster if I had
- 5) Focus on this goal using the #1 Tactic of focus! Focus on this crazy important goal!

Chapter 33: Take action and decide on the tactics you are going to use: Tactic #33

- 1) Take that action!
 - a) don't wait until tomorrow, but then tomorrow will just turn into another tomorrow
 - b) don't get stuck in the someday
- 2) Use my take action post for examples here
- 3) Decide on which of these tactics will get you there and help you to achieve your ultimate goal
 - a) reference back to the other tactics and ask the reader to choose a few of them to implement right away
- 4) These tactics are going to be what will cause you to succeed. Focusing on the goal is important, but you cannot get there if you don't decide on the tactics you are going to use
- 5) Remember that all of the habits listed in this book might be helpful to your own weight loss strategies, but you need to pick the ones that are going to work for you
- 6) list out the fiber guardians top 5 and how I decided which ones to choose and to ultimately use
 - a) fiber
 - b) chili
 - c) walking
 - d) lifting
 - e) lemon water in the morning
 - f) healthy snacks at work
 - g) etc.

Chapter 34: Create a scoreboard to be able to keep track: Tactic #34

- 1) Needs to show where you are going and where you have been. Needs to show the ultimate goal
- 2) Keeps track daily or weekly of your stats

- 3) this can look like anything, whether it is in an app, a mirror tally, a spreadsheet, a post it note, or even a giant white board that you can update
- 4) the point is that it:
 - a) motivates you
 - b) shows you where you're going and where you have been
- 5) Contains the lead and the lag measures
 - a) the weight you are at
 - b) the weight you want to be at
 - c) what are you doing to get there?

Chapter 35: Find an accountability partner: Tactic #35

- 1) I used Miranda as my partner and she was always there to be by my side in this journey!
- 2) use miranda's article to find tips here
- 3) to keep a cadence of acct.
- 4) check in weekly with this person to make sure to keep yourself on track
- 5) Sports are a chance for other human beings to push us to excel!
Have other human beings push you
- 6) Find someone that will be tough on you when you need it most, but also someone that will pick you up when you are feeling down
 - a) spouse
 - b) good friend
 - c) gym trainer
 - d) parent (if they are working out too!)
 - e) sibling
 - f) anyone that can help to push you to your goals

Final/closing thoughts

- 1) sum up the tactics and highlight the best ones

- 2) sum up each section and remind them that the tactics are easy when you take them one at a time. Continue to form them into habits and you will definitely see success!
- 3) review the steps to success one more time
- 4) push them to take action and to start. Take that next step and keep on pushing to achieve the greatness that they know they can achieve!
- 5) wish them the best of luck
- 6) be sure to add in the call to action of giving me a review!!!!

About me Page!