

LOOK AT YOUR FITNESS & FOOD

RetirementRewired.com Worksheet #9. Carefully and prayerfully look over this information and identify which best practices you would like to do in order to improve and maximize your health.

MEASUREMENTS

Highest weight: _____ Current weight: _____ Preferred weight: _____
 Current waist in inches: _____ Preferred waist in inches: _____
 Current heart Beats Per Minute/BPM: _____ Current blood pressure: _____

MEDICAL

- Get annual medical checkups Use any prescriptions properly

EATING/DRINKING

- Drink at least 8 glasses (64+ ounces) of water each day
 Eat 3 healthy pre-planned portioned meals each day (*Bright Line Eating – see chart*)
 Avoid or eliminate In-between meal snacking Sugar Flour (*Bright Line Eating – see chart*)

PHYSICAL ACTIVITY

- Be physically active for 30 minutes 3-5 times per week (walking, treadmill, hiking, jogging, biking, swimming) – Excellent app Brian has enjoyed using: [Couch to 5K Android App](#) [iPhone App](#)
 Stretch/exercise several times per week [Excellent source for helpful exercise apps](#)
 Use at-home or gym treadmills, exercise equipment, weights
 Participate in an exercise class or sport (pickleball, golf, tennis, softball, bowling, racquetball, etc.)
 Participate in active outdoor sports (cross-country skiing, snow shoeing, snow skiing, snow-boarding, water skiing, kayaking, boating, mountain biking, diving, snorkeling, windsurfing, etc.)

SLEEP/REST/RELAXATION

- Get 7-8 hours of sleep per night Schedule vacation time and getaways
 Sunday afternoon naps! (Brian's favorite thing to do for 98% of Sundays for 40+ years)

TECHNOLOGY

- Use a watch/app to monitor your weight, steps, sleeping, heart: beats per minute, and other measurements (iWatch, Samsung, Fitbit, etc.)
 Use a digital scale and app to measure/monitor your vital health stats ([Renpho Scale & App](#))
 Use a kitchen food scale (*Bright Line Eating*) ([OXO Kitchen Scale](#))

LEARN ABOUT HEALTHY EATING PRACTICES & SUSTAINABLE WEIGHT LOSS

- Bright Line Eating [Website](#) | [Cookbook](#) | [Audiobook/Book](#) | [Facebook](#) | [FB for Men](#) | [14-Day Challenge](#)
 Note: Brian has used the BLE materials and eating guidelines to help lose 35 pounds in 5 months.
 Intermittent fasting – [Dr. Jason Fung Videos](#) [Facebook Group](#)

Bright Line Eating

301 MEAL PLAN FOR HEALTH & HEALTHY WEIGHT
3 Planned Meals a Day, 0 In-Between, 1 Day @ a time

No Sugar

The Weight-Loss Food Plan		The Maintenance Food Plan	
Breakfast:	1 protein M=6oz F=4oz	Breakfast:	2 proteins
	1 breakfast grain 4oz		1½ servings breakfast grain
	1 fruit 6oz		1 fruit
Lunch:	1 protein M=6oz F=4oz	Lunch:	1 protein
	6 oz. vegetables		4 oz. cooked grain
	1 fruit 6oz		6 oz. vegetables
	1 fat 1oz		1 fruit
			1 fat
Dinner:	1 protein M=6oz F=4oz	Dinner:	1 protein
	6 oz. vegetables		4 oz. cooked grain
	8 oz. salad		6 oz. vegetables
	1 fat 1oz		8 oz. salad
			1 fat

No Flour

When you break your Bright Lines, you will end up back where you first began. When you first began you were desperate to be where you are right now.

◆ HAPPY ◆ THIN ◆ FREE
for the rest of my life!

No Snacking