

YOUR GUIDE TO STAYING CONSISTENT

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Step 1: Make vegetables a priority

Whether you're cooking at home, ordering lunch, on the road, or at a party, aim to make vegetables part of your meals or snack. In this day and age, it's never been easier to get veggies in convenient, easy-to-eat ways. Aim for 2 servings per day.



Step 2: Schedule your movement

Treat exercise (walks, workouts, etc) like you would an appointment. Plan your day around it, and honor your calendar.



Step 3: Go to bed and wake up roughly the same time each day.

You'd be surprised how much this little step can lead to BIG changes in your consistency. If you're someone who constantly hits the snooze button or gets off schedule first thing in the morning, it can affect your entire day.

Step 4: Hold yourself accountable, and get help, if you need it.

Logging your food and workouts is one way to be accountable, but logging your daily WINS and thoughts about your process is just as important.



In Create My Weight, not only do we encourage clients to track and celebrate their daily wins, but we do it with them, for authentic accountability and support. When they think they messed up so badly or feel stuck, our job is to get them back on track, stop the negative thinking, and make sure they are seeing progress every single week.

If you're looking for support like this and want to see if Create My Weight is a good fit for you, schedule a complimentary consult with us [here](#).

If you're not ready for support, but want to work on being more consistent, join our free Consistency Challenge.

