






















get-in-shape checklist


week of _____

	FOOD	EXERCISE	WATER	VITAMINS
Monday		YES <input type="checkbox"/> NO <input type="checkbox"/>		
Tuesday		YES <input type="checkbox"/> NO <input type="checkbox"/>		
Wednesday		YES <input type="checkbox"/> NO <input type="checkbox"/>		
Thursday		YES <input type="checkbox"/> NO <input type="checkbox"/>		
Friday		YES <input type="checkbox"/> NO <input type="checkbox"/>		
Saturday		YES <input type="checkbox"/> NO <input type="checkbox"/>		
Sunday		YES <input type="checkbox"/> NO <input type="checkbox"/>		

GET FIT NOW!

The sooner you get serious about slimming down, the quicker you'll see results. Our advice?

Make these healthy suggestions part of your daily routine. Print out a fresh copy of this checklist each Monday morning—keep it on your fridge at home, your bulletin board at work—and make sure you stick to it!

 Check off each objective when you complete it.

FOOD

The Key: Be balanced. Each day try to eat nine servings of fruits and vegetables in a variety of colors—this is an easy way to make sure you're getting this food group's full range of nutrients. Eat them as snacks, but also incorporate fruits and veggies into your main dishes: Stir-frys, salads, and fruit salsas are quick and healthy ways to make sure you get your fill.

EXERCISE

The Key: Make time for it. Try to schedule 30-minute workouts at least three times a week. Sneak in more time by upping the intensity of the things you do every day—walk the dog at a brisk pace or take the stairs to your seventh-floor office. Use the checklist to keep score.

WATER

The Key: Drink as much as you can. Shoot for at least eight glasses of water every day. Do it for two reasons: Sometimes you may think you're hungry, but you're actually just thirsty. Try downing a glass of water before hitting the fridge to see if that cures cravings. Water also helps flush impurities from your system—and great skin is a wedding-day must! Keep a record of how much H₂O you're getting each day (no, coffee and Diet Coke don't count).

VITAMINS

The Key: Take one a day. When you're busy with both wedding planning and weight loss, it's important to make sure you're getting all the vitamins and minerals you need to power you through your day. Take a multivitamin and you'll be covered.