



It's been said that it takes 21 days to form a new habit. In Week 3, with your next weigh-in approaching, here's how to know if you've formed the right ones:

- Protein and fiber are incorporated into every meal and snack.
- Supplements are taken every day.
- At least two liters of water is consumed every day.
- Exercise is taking place most days of the week.

If you can check off all of these, good job! If any of these are missing, it's time to ask yourself why, and figure out how to make it happen. When it comes to your results, inches are typically the first thing to go, with the pounds following later. Don't get too caught up with the numbers on the scale; instead, evaluate how you're feeling, your energy levels, and how your clothes are fitting.

If you think that you should have better results or want to increase your progress, evaluate your food intake and activities, and revisit your TLS® Menu Plan options. Make adjustments as necessary, and talk to your TLS Coach about what other changes you can make.

Starting today, pick one thing from the list above and make it a "daily" – something you do every day, no questions, no exceptions, no excuses. This is the easiest and surest way to make new habits, which are the building blocks of a new life!

This week is when the real results start to show. Remember your "why," choose your daily, and make it happen. Today, and every day!