

Indicators of Health Success

What can we use instead of Scales and Measurements? LOTS OF THINGS!!!

Ideas:

- More energy!
- Clothes fitting better
“Why do I need a scale when I’ve got pants?”
- Moods are better
- You “feel” leaner, perhaps less bloated, heavy
- Cravings may decrease
- You are sleeping better
- Clear skin, bright eyes, shiny hair
- You exercise because it is fun, and you enjoy it!
NOT as a punishment or to be used as a bank for “BAD food” choices
- Feel a better sense of self-respect, a calmness.
- If we are interested in sports – are we performing better? If we are interested in the arts – are we able to stay more focused, do we feel more creative?

Date: _____



Your Turn! What are yours?
One catch: It can't contain numbers!

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