

# THE ULTIMATE DIET CHEAT SHEET

Stop counting calories, cutting carbs, exercising 'til it hurts, and all those other things you've been told will make you healthier and happier. **This is the stuff that works.**

## DUMP THE SCALE!



Throw away your diet books or magazines



UNSUBSCRIBE

from diet and weight loss emails

Clean up your social media feeds!

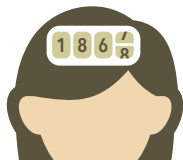


HIDE anything that makes you feel "not good enough".



BURN ANY BMI OR "IDEAL WEIGHT" CHARTS

Clear the calorie counting calculator in your head



## DEBUNK AND DESTROY

the belief that you don't have willpower

DISENGAGE  
in punishing exercise



RESIST COMPARING  
YOURSELF TO OTHERS

NEVER  
DIET  
AGAIN

MOVE YOUR BODY  
IN WAYS THAT YOU  
FIND JOY

Remind yourself to breathe when stress begins to build

ENGAGE IN  
SELF-CARE



GREEN MOUNTAIN

AT FOX RUN

FITWOMAN.COM

## LEARN TO LISTEN & TRUST

YOUR BODY'S SIGNALS



APPRECIATE

WHAT YOUR BODY  
CAN DO FOR YOU

SAVOR

the taste of foods,  
EATING INTENTIONALLY  
AND INTUITIVELY

Eat a variety of foods that are **pleasing** to your taste



Encourage your kind and compassionate inner voice to **speak up**

WEAR COMFORTABLE CLOTHES THAT FEEL GOOD AND MAKE YOU SMILE



Connect with  
**SUPPORTIVE  
PEOPLE**