

# HOW TO GET BACK ON TRACK

A 4-STEP FREE GUIDE TO HELP YOU GET  
BACK TO FEELING GOOD

*It is way more simple that  
you're making it*

**LWK**  
*Live Well with Kell*



## STEP ONE: Make the next choice the right choice

*be sure to watch this [8 minute video](#) too!*

Actually, the real step one is to get back up again! Then, after that make the next choice the right choice. No need to over complicate it or plan ahead for the entire week. Remember, we are just getting back up right now... so keep it simple. Here are some examples:

Soda	<b>OR</b>	↪ Water
↪ Go to bed		Watch another episode
↪ Get up & workout		Hit snooze again
Burger & fries		↪ Burger & salad
Get up & go, go go!		↪ Write a schedule for the day
Count a 10 minute workout as a win!		Don't workout at all
Notice something nice about someone but don't say anything		↪ Compliment someone
Know your boundaries		↪ Say "yes" to everything
↪ Have the afternoon snack you planned for yourself		Snack on kids food while making dinner
↪ Pack a lunch the night before		Pack a lunch during the chaos of the morning

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## STEP TWO: Plan what to eat just 24 HOURS ahead of time



Having a plan MATTERS. Deciding what you're going to eat when you aren't starving or exhausted makes a difference. Knowing what to anticipate for your day ahead creates a sense of calm and control. So, be proactive and make a plan for the next day of what you're going to eat. But, be HONEST with yourself. Don't put down only veggies if you know that isn't going to be easy for you to follow. Realistically plan what you will eat. Maybe that realistic plan includes getting dinner with a friend and you already know you're going to plan on getting dessert too.

Awesome! Write it in in your plan.

When we tend to "fall off track" is when we start to beat ourselves up. So make a plan you aren't going to beat yourself up over... and then (drumroll please).... FOLLOW IT!

**Check out the next page to write out your 24 hour plan!**

(I recommend printing several copies so that you can continue to practice this)



What's going on today? Write it out. Do you have meetings, a work lunch, a conference to attend, just a regular, routine day? Write it out. Will you be traveling and know you're going to eat on the road? Anticipate that. Write out your day below:

<p align="center"><b>MEAL PLANNING</b></p> <p align="center">(in this column you're going to write out what you're planning to eat)</p>	<p align="center"><b>MEAL TRACKING</b></p> <p align="center">(in this column you're going to keep track of what you actually ate. BE HONEST here)</p>
<p><b>WATER:</b> How many ounces are you going to drink today? (Recommendation: half your body weight in ounces. Ex: If you're 150 lbs. drink at least 75 oz. of water)</p>	<p><b>WATER:</b></p>
<p><b>MEAL 1:</b>  <b>Where:</b>  <b>Time:</b>  <b>What you're going to eat:</b></p> <p><b>How will it make you feel?</b></p>	<p><b>MEAL 1:</b>  <b>Where:</b>  <b>Time:</b>  <b>What you ate:</b></p> <p><b>How it made you feel:</b></p>
<p><b>MEAL 2:</b>  <b>Where:</b>  <b>Time:</b>  <b>What you're going to eat:</b></p> <p><b>How will it make you feel?</b></p>	<p><b>MEAL 2:</b>  <b>Where:</b>  <b>Time:</b>  <b>What you ate:</b></p> <p><b>How it made you feel:</b></p>
<p><b>MEAL 3:</b>  <b>Where:</b>  <b>Time:</b>  <b>What you're going to eat:</b></p> <p><b>How will it make you feel?</b></p>	<p><b>MEAL 3:</b>  <b>Where:</b>  <b>Time:</b>  <b>What you ate:</b></p> <p><b>How it made you feel:</b></p>
<p><b>Snacks you plan to eat:</b></p>	<p><b>Snacks you ate:</b></p>
<p><b>Additional beverages other than water:</b></p>	<p><b>Beverages your drank:</b></p>

## STEP THREE: Celebrate!

Girlfriend, you are doing so many things right. Believe it or not, you ARE! So, first things first... STOP beating yourself up. **Stop waging war against yourself and your body.** Because you know who wins? No one.

In step three you're going to go back to your 24 hour plan and ONLY acknowledge the things that went well. No matter how big or small, write down what went well, and what felt easy for you. Heck, even get out a highlighter and highlight the things in your day that felt easy. Don't judge yourself if you only have one thing to write down, or compare to someone else who has ten or even twenty. This journey is YOURS, not THEIRS. Blinders on, babe. Focus on YOU!

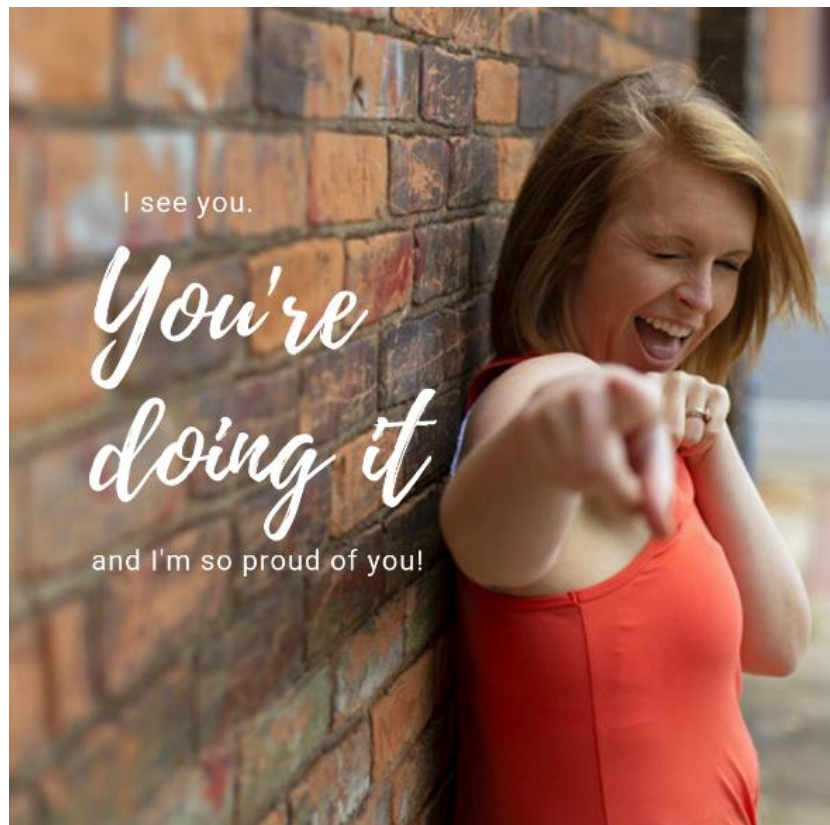
After you've gone through and celebrated all the things that went well, and acknowledged what felt easy for you then think about how you can do that again. How can you incorporate the easy things in your next 24 hour plan?

Just like waging war doesn't work well for us, neither does consistently trying to do what isn't the right fit for you. Trust me, over time, we'll get there... but for now just think about how can you repeat what's going well.

**What went well for you in your 24 hour plan?**

**What felt easy for you?**

**What would you like to repeat tomorrow?**





## STEP FOUR: Do just a tad bit better.



Staying “on track” shouldn’t feel like climbing a mountain. And I’m guessing you’ve made it feel like that for yourself time & time again (why else would you be here right?).

Did you know that when I lost over 35 lbs. after college that I didn’t even really realize it was happening? It was when I stopped holding on so tight and striving for 100% perfect that the weight loss and transformation truly occurred.

So in step four, you’re going to go back to that 24 hour plan again. By now, you’ve ideally been repeating the things that feel easy and good, but you’re human and I’m guessing there are some pieces of the plan that you feel like you could be making some better choices on. Instead of being critical of

what could be going better and making it mean something about you or your abilities (again, nobody wins when we wage a war against ourselves) you’re simply going to ask yourself “how could I do this just a little bit better today?”

### Here are some examples of some small improvements:

- Struggling to get your water in? Start your day with a glass of water before anything else.
- Wishing you were eating more veggies? Sneak some spinach in your morning eggs, or add some greens to your sandwich at lunch.
- Working out still tough to make a priority? Set a timer today to do a 5- minute “get up and move break.”
- Finding yourself scrolling on your phone longer than you want to be? The second you realize you’re not making the best use of your time then put the phone down.
- Did you go out to eat one day & not follow what you had planned to eat? Next time you go out to eat, take a closer look at the menu & choose something that you’re super excited to eat AND will make you feel good. Go ahead and get that burger, but make a plan to choose the side salad instead of the fries.

There you have it! 4 steps to get your booty back on track and start feeling good again. You can do this any day of the week, any time of the year (yes, even during the holidays!). This isn't a one-and-done process, it's a constant rinse and repeat.

**Plan, acknowledge what's going well, find something you can do just a little bit better... get good at that, then repeat again.**

Xoxo,  
Kell

## BONUS: The Magic Plate

Before most meals, I ask myself this simple question: "Is this plate magic?" Enjoy!

# Magic Plate

