



An HMR® Program

## My Custom Plan (Sample)

**My current weight goal is 200 pounds.**

**I want the following benefits: \_\_\_\_\_**

Get off blood pressure medicine, climb front steps without heavy breathing, walk a 5k, live to see grandkids get married, fit into my wedding dress, inspire my husband/mom/dad/kids to get healthier, sleep better, get rid of acid reflux, feel more confident/less anxious

In order to reach my weight management goals, I promise myself that I will meet the following minimum requirements this week. If there is a challenge, I will do my best to solve that challenge in a way that still allows me to meet these requirements. I will not allow myself a “cheat meal” or a “day off”. If I am at all unsatisfied with my plan, I will adjust it and give myself better requirements next week.

I know that these are minimums, and that there WILL be days that are more challenging than others, when I will need to go above these minimums. This may be because I am hungry, stressed, bored, emotional, or challenged by my environment. I know that I am free to over-practice these minimum requirements when I need to, and that I will supplement these minimum requirements by eating other foods as well. If I request it, a coach will help me make sure that this plan is realistic by providing advice based on their experience. This advice will consider the practical aspects of weight-management, but will not consider my specific medical needs (for that I should consult my healthcare provider). Above all, I know that there will never be any maximum imposed on my diet. At any stage, for any reason, if I want to eat, I have permission to eat. My goal is to make the best choices possible when I do.



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## **1. Fruits/Vegetables**

Minimum Requirement?

5 total servings per day

## **2. Meal Replacements**

Minimum Requirement?

3 shakes (puddings, cereals, soups) and 2 entrees per day

## **3. Physical Activity (PA)**

Minimum Requirement?

2000 calories burned per week (45 minutes per day)

## **4. Measure my progress (Goal/Tracking)**

What am I measuring? How often? Where am I recording it? What do I do with it?

My weight, my blood sugars, and my clothing size.

Weekly.

Recorded in an app on my phone/in a notebook/on my computer.

If I have loss less than 5 pounds in the last month, I will make a change to this plan.

## **5. Record keeping**

What am I recording? What totals am I interested in (what are my mins/maxes)? Where am I keeping it? How often do I update these records? What do I do with these records?

What I eat, portion sizes, what I do for physical activity and total numbers for each of my minimum requirements.

Fruits, Vegetables, Shakes, Entrees, PA

Recorded in an app on my phone.

Twice Daily updates.

Add up my daily and weekly totals to make sure I am meeting my goals. If I have loss less than 5 pounds in the last month, I will make a change to this plan.



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**6. Accountability/Support (When will you get to discuss your progress with someone else?)**

Weekly group meeting? Weekly one-on-one?

Once per week (Mon 5:30). Once per week (Wed. 12 PM). Once per week update my doctor with a phone call.

**Additional personal rules**

Don't eat any 7-10s, eat seafood at least once per week, try a new recipe/PA at least once per week, go to a restaurant once per week, 2 full vegetarian days per week, no gluten, go to the gym 3x per week, keep sauces/spices under 15 calories/tbsp

**Sample Plan**

B: Shake + Fruit

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S: Fruit

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L: Entrée + Veg

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S: Shake

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D: Entrée +2 Veg

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S: Shake + Fruit

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