

## Motivation Checklist



1. I imagined how better I'd look if I achieved my weight goals	
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- to lose weight
- 3. I watched videos of weight loss transformation to keep inspired
- 4. I don't ever feel to give up on my journey yet
- 5. I always felt motivated to lose weight today

Instruction: Try to complete this checklist before getting to sleep. You can print this or use your iPad/Tab/Mobile phone to tick the checklist (screenshot for your reference) and re-use it the next day.

*Tips*: Try to go for 5/5 to keep you motivated for your healthier dream body. But If you did less, don't stress yourself! keep motivating yourself and get better every day!

