Florence

(E004) Shropshire Why Weight Plus – 12 week motivational messages 12w : 6m weight check

WEEKLY MOTIVATIONAL MESSAGES

WEEK 1 DAY 2 @ 09:21AM
You are more likely to be successful with weight loss if you keep a food diary. If you're struggling this week,perhaps start a food diary to maintain your focus

WEEK 2 DAY 8 @ 09:10AM
Remember you don't have to 'feel the burn' at the gym - choose an activity that you enjoy such as walking, dancing or gardening and build up gradually.

WEEK 3 DAY 16 @ 09:00AM
Managing your weight doesn't mean you have to cut out everything you love - enjoy a little of what you fancy but in moderation

WEEK 4 DAY 21 @ 10:04AM
Weighing yourself regularly will help keep you on track as long as you're honest with yourself about what the scales are telling you.

WEEK 5 DAY 29 @ 10:14AM
If you feel like you've slipped up- draw a line under it and move on!The sooner you can get back into your routine the better.Remember,a lapse is not a collapse

WEEK 6 DAY 37 @ 11:11AM
Have you managed your 5 or more fruit and veg each day this week? No?Think about how you can eat more - fresh, frozen and tinned (natural juices) ALL count

WEEK 7 DAY 43 @ 10:05AM
Do you drink enough water? It is proven to help weight loss, if you feel hungry this week perhaps have some water instead - we often mistake hunger for thirst

WEEK 8 DAY 50 @ 11:18AM
Struggling to cope with cravings this week? They will pass. Do you have any distractions that you can refocus your mind? Remember why you want to lose weight

WEEK 9 DAY 57 @ 09:57AM
Going out for a meal this week?Try to plan first.What are the healthiest options on the menu? Can you make a healthier swap?Do you need that starter or pudding?

WEEK 10 DAY 63 @ 11:03AM
Alcohol contains empty calories that effect weight loss,if you drink try to swap your drink of choice for a lower calorie alternative and cut down on the amount

WEEK 11 DAY 71 @ 08:53AM
Don't view this as a diet but a long term healthy lifestyle plan.Think about how the diet changes you're making are also helping you stay fitter and live longer

CONTACT INFORMATION MESSAGES

WEEK 5 DAY 29 INFORMATION MESSAGE @ 10:28AM
We are here to help - if you'd like further support please call 01952 217454.

WEEK 11 DAY 74 INFORMATION MESSAGE @ 11:15AM
Has your weight stayed the same despite feeling you've done everything the same as when you lost weight? If you're stuck for ideas,call the team on 01952 217454

6 MONTH WEIGHT READING

DAY 180 @ 08:25AM
It's 6 months since you finished the Why Weight? programme. We would like you to let us know your weight, reply with WT followed by your weight in KGs "WT 98.2"

24 HOURS LATER IF NO REPLY (UP TO 4 REMINDERS)
Please could you let us know your weight as it is 6 months since you finished the programme, reply with WT followed by your weight in KG "WT 98.2" thanks

CONFIRMATION MESSAGE (ALSO TRIGGERS ALERT)
Thanks! We can now update your file. Remember to call us if you need support on 01952 217454. Thanks