

20 Weight Loss Motivations Checklist



Why You're Doing It

- It's for your overall health
- It's for your overall wealth
- It's for your mental state
- It's for your confidence
- It's for your overall happiness
- It's for your kids
- It's for your looks
- It's for your spirit



More Energy

- Play with your kids
- Long walks with your dog (or loved ones)
- Increased stamina for longer workouts
- Improved daily performance
- Doing more in your everyday life
- Better sleep

Physical Health

- Reduced risks for heart disease
- Reduced risks for type 2 diabetes
- Reduced risk of high blood pressure
- Reduced risk of stroke
- Reduced risk of cancers
- Reduced risk of osteoarthritis
- Reduced risk of gallbladder disease and gallstones
- Reduced risk of gout
- Reduced risks of respiratory problems (sleep apnea and asthma)
- No joint pain
- Fewer aches and pains
- Improved mobility
- Relieve back pain
- Less allergies

- Less colds and illness
- Improved immune system
- Reduced risk for premature death

Mental Health

- Improved body image
- Boost your mood
- Self-confidence
- Welcome back your self-esteem
- You will be more social
- You can enjoy a greater quality of life
- Relief in symptoms of depression and anxiety
- More control over eating habits makes you feel better about yourself
- Pride in achieving something so great for yourself



Sex Drive

- Boost passion and sex drive
- You'll find yourself feeling more adventurous in the bedroom
- Regain your lust for life, love, and your partner
- Feel better about your body leading to increased desire for sex

New and Better Wardrobe

- You'll have the confidence to wear anything you want
- You won't need to worry about finding your style in the right size
- You get to show off
- You'll spend less money replacing sweat stained clothing



Improved Memory

- You won't miss a meeting
- You won't forget a birthday
- You'll never be late again
- You'll finish crosswords in record time
- You'll be happier

Smart Choices

- Turning down junk food will become simple
- You will feel empowered by your ability to make the right diet choices
- This will keep you on course



More Adventure

- You will be more adventurous in the kitchen, excited to try new things
- You will be more adventurous in the bedroom
- You will be more adventurous in everyday life

Better Organization

- Losing weight takes planning and your new found organization skills will seep into the rest of your life
- You will become a more efficient person all around



Less Prescriptions

- Reduce the symptoms of current conditions you may have
- The need for medication will drop steeply
- Reduced medical costs due to less medications, and less need for care

Brain Health

- You will experience improved cognitive skills
- You will be able to form memories more efficiently
- You can study and learn more effectively
- You will have better recall
- Your work performance will improve



Reduced Stress

- Your mood will improve
- You will find yourself feeling more laid back
- You will have the ability to cope better with stressful situations
- Improved work performance

Appetite Reduction

- Eat less
- Gain control over hunger
- More control over your eating habits
- Feeling fuller for longer by choosing the right types of food
- Feeling more motivated to exercise as a result



Less Sweat

- Carrying extra weight creates additional sweat
- No sweat stains on your clothing
- Reduced body odor

Improved Medical Procedures

- Extra fat makes medical procedures more difficult
- Extra fat makes medical procedures more common
- Easier intubation
- Reduced risk of hernia
- Reduced recovery time
- Reduce risk of infection
- Reduced risk of complications following surgery

Alcohol Tolerance Drops

- Spending less money
- Waking up hangover free
- No regrets

Save Money

- Overweight individuals make 2.5% less than their thinner peers
- Cooking at home more means spending less when you're out



Honed Planning Skills

- You have to plan what you are going to do to lose weight
- You have to decide when you're going to do it
- You need to know how to plan to achieve your goal

You Will Live a Longer and Healthier Life

- No explanation necessary