

Appendix B - Your First Thirty Days at a Glance

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Your First Thirty Days at a Glance

This is Chapter 12's opening month, compressed to a checklist you can live from. One change per week - that is the whole trick. My hardest days in ten years were the early days when I changed everything at once. Do not repeat my mistake; it is the one place I insist you be less ambitious than I was.

Figure B-1 The first month at a glance: one change per week, bookended by the day-one photograph and the day-thirty verdict.

Before Day One

See your doctor. Get the baseline: weight, blood pressure, bloodwork, the once-over. I waited six months longer than I needed to because I was afraid of what I would hear. The fear was a thief. Go this week.

Take the photograph. One picture, day one, in a shirt that fits snugly. You will not enjoy it. Take it anyway - it is the

before that makes the after.

Week One - the Kitchen

Choose your direction. Real food, mostly plants, not too much - or the honest eating pattern of your choosing. Pick it on purpose.

Purge. Pantry, refrigerator, freezer: everything that does not belong goes out of the house tonight. Donate it. Do not "finish it first."

Restock. Shop to match the life you just chose - and put your treat on the list, in a small or hundred-calorie package.

Plan the treat. Every day, last thing at night, on the plan. A planned treat is a reward. An unplanned one is the first of nine. You cannot outwalk your Oreos - do the work where the work counts.

Week Two - the Clock

Three meals on a schedule. First within about an hour of waking; the next four to five hours on; the last one ending by six or six-thirty - closed out with the treat. Then the kitchen is shut.

Week Three - the Pace

Slow everything down. Take a bite. Put the fork down. Take a breath. Taste what you paid for. By the end of the

week you will finish satisfied on less food than you believed possible - no willpower involved.

Week Four - Movement

Start smaller than feels impressive. Can you walk five minutes? Walk two and a half out, two and a half back, and log it like the victory it is. Five becomes seven becomes twenty - on its own. Baby steps are not the compromise; baby steps are the method.

The Day-Thirty Verdict Kit

Weigh on day one and day thirty - draw the line between the two numbers and read the slope. Ignore everything in between.

Tape your waist once a week; note your belt notch on day one and day thirty.

Run the shirt test: the snug day-one shirt goes to the back of the closet for a month, then back on. Collar button, chest, belly - the shirt does not lie.

Take the second photograph: same shirt, same mirror, same light. Set the two side by side and look at your face.

If the scale says one pound and the tape says two inches - you did not fail. You recomposed: fat down, muscle up, the best possible thing that can happen to a body. The scale

lies. The shirt, the tape, and the photograph tell the truth.

ACTION STEP

One change per week. Adding a second early is the most common way this fails.

PREVIEW ENDS HERE

This is a free preview from the book. The complete chapter, and the rest of the volume, is in print. To order Volume II - From 310 to Thriving, email metabojoe@gmail.com.

metabojoe.com - The Metabolic Engineer by J.F. Kilty