

Smiley's guide



WELCOME!

Welcome to Smiley's Guide! I wrote this guide to help you along your Weight Watchers journey. Weight Watchers is a program that's been around for more than 50 years and I believe it can work for everyone! No matter your age, no matter how much weight you have to lose, no matter which walk of life you come from, have faith in yourself that you can lose this weight.

My blog, SmileysPoints.com, is a place where you can find low point recipes, along with tips and tricks to help you along your weight loss journey. Please email me at smileyspoints@gmail.com if you need help with anything. I can't wait to hear from you!

Before we get to the good stuff, let's get the important legal stuff out of the way: I am not affiliated with Weight Watchers or Wellness that Works in any way, shape, or form other than being a huge fan of the program. I'm not paid by WW. Freestyle is a registered trademark of Weight Watchers.





IT WORKS

It works if you work it. Weight Watchers is tried and true. It's one of the few "diets" that has been around for 50+ years and for good reason! Weight Watchers is a way of eating - a way of life - that you can follow from now until forever.

EAT TO LIVE

Eat to live, don't live to eat. You don't have to worry about calories, macros, or anything else. Food should not control your life, your emotions, your every move. Eat to fuel your body, not to cure your boredom or depression or feed your feelings in any way.

NO DEPRIVATION

Don't be so strict that you're living off of chicken and salads. Being able to allow yourself to indulge from time to time and still lose weight is one of the best parts of Weight Watchers, if you ask me.

BE HONEST

Be honest with yourself and with the Weight Watchers app. Don't sneak an extra bite in here and there, because they really add up. Track how much water you're drinking, how much you're exercising, and exactly how much you're eating.



BE KIND

Don't be too hard on yourself. A plateau is not as bad as gaining. A .5 pound loss is still a loss. Not every day (or week!) will be easy, but it gets easier as you go. Soon, tracking and weight loss will be second nature.



KNOW YOUR WORTH

Society has told us repeatedly that we are not as valued because we are overweight. This couldn't be further from the truth! You are amazing, and a number on a scale does not define you. Don't ever forget that.



POSITIVITY

If you "mess up" in some way (going over in points, forgot to track, etc), focus on the positive from that day. Did you park at the end of the parking lot to get some extra steps in? Did you make better food choices?



ACCOUNTABILITY

Whether it's your partner, best friend, or even if it's someone you meet in a Facebook group, having an accountability partner to check in with daily that understands your struggles and will celebrate your triumphs is extremely important.



KEEP IT SIMPLE

Don't overthink it. Weight Watchers is one of the most straight forward weight loss programs you will ever find! There's no reason to stress over every little detail. Keep it simple: pre-track when possible, track every bite, drink lots of water, and get moving!

COME PREPARED

Always keep lots of snacks on hand. No, I don't mean popcorn and chips! Keep zero point snacks on hand so you aren't tempted as much by healthier options. I keep snacks in my bag no matter where I'm going.

DON'T STARVE

Use your points! Weight Watchers gives you a certain number of points each day, plus weeklies. While you can easily do a zero point day without feeling deprived, it's not something you should do on a regular basis.

BABY STEPS

Master one thing at a time. If you can only make one big change at a time, focus on increasing your water intake. Get in the habit of tracking or pre-tracking, whichever works best with your life and your schedule. Then, add in exercise.





MEAL PLANNING

Take an hour each day a week to plan your meals out in advance. You can take it one more step and pre-track your meals to help you stay on track. After you've planned your meals, order groceries (or venture to the store). Then, work on meal prep.

MEAL PREPPING

Taking the time to plan out meals and do meal prep may seem like a lot of extra work, but I've found the opposite to be true. Meal prep can also help you with portion sizes.

IT'S JUST A NUMBER

The number on the scale only tells part of the story. There are other ways to measure success, so don't forget about the NSVs (non-scale victories) like improved skin because of the water you're drinking, your pants fitting better, or having to go to that next loop on your bra.

BE REALISTIC

Set realistic expectations. Everyone is different. There are far too many factors that go into weight loss for us to be comparing ourselves to each other. A safe amount to lose is 1-2 pounds a week, and that holds true with any diet - yes, even Weight Watchers.

MY goals



Write your top 3 goals of the month. How are you going to accomplish these goals?

Ideas: drink more water, track points daily, get 10,000 steps in.

GOAL #1

GOAL #2

GOAL #3

FUTURE GOALS

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

What are your struggles? Whether it's stress eating, not drinking enough water, hating exercise, or whatever else... outline and identify your issues here. Mine would be water and tracking.

#1

#2

#3

STEPS TO TAKE

RESULTS

CHANGE YOUR *mindset*

A negative mindset is like poison. Change your mindset, change your life! Write down some of the phrases you've been struggling with AND how to change them into positives. It's up to YOU to change your life. You've got this!

<input type="checkbox"/>		

MANTRA	MANTRA	MANTRA
MANTRA	MANTRA	MANTRA

PLAN YOUR meals



List your meals and
their Point values.



WEEKS 1 & 2

12 empty circles for tracking progress.

WEEKS 3 & 4

12 empty circles for tracking progress.

WEEKS 5 & 6

12 empty circles for tracking progress.

NOTES
<input type="checkbox"/>

This is your 6 week plan for tracking points and drinking water. Water is an essential part of weight loss.

Color in the top half of each circle if you track everything you eat for the day (even if you go under/over your points goal). Color in the bottom half of each circle if you drink the amount of water you're supposed to (at least 8 glasses, but possibly much more depending on your needs and goals).

Use the box to the left for notes/ideas.



EXERCISE + YOU

Exercise is an integral part of improving your overall health. You get to choose your own path here: cardio, weights, or a mix of both. Whether you're walking, jogging, doing yoga, cycling, or whatever else, be sure to get your heart pumping!

WRITE YOUR EXERCISES IN EACH BOX

4 WEEK EXERCISE PLAN						



WHAT I LOVE

IMPROVEMENT NEEDED