

## ✅ 10 Habits for Women Over 50 to Double Weight Loss

### *Daily & Weekly Tracker*

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#### 1. Strength Train at Least 2x/Week

- Scheduled 2–3 sessions this week
  - Used resistance bands or weights
  - Trained for at least 20 minutes
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#### 2. Eat Protein with Every Meal

- 20–30g protein at breakfast
  - 20–30g protein at lunch
  - 20–30g protein at dinner
  - Protein snacks available (shakes, bars, etc.)
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#### 3. Walk Every Day

- Reached 8,000–10,000 steps
- Took a 10-minute walk after meals
- Tracked movement with a fitness watch

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#### 4. Stop Eating 2–3 Hours Before Bed

- Finished dinner by 7:00–8:00 PM
- No evening snacking
- Sipped herbal tea or water instead

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#### 5. Prioritize 7–8 Hours of Sleep

- Went to bed and woke up at consistent times
- Used a sleep mask or white noise machine
- Stayed off screens 1 hour before bed

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#### 6. Eat Whole-Food Carbs, Ditch Refined Ones

- Chose oats, quinoa, lentils, or sweet potatoes
- Avoided white bread, pasta, and sugary snacks
- Ate at least 25g fiber today

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#### 7. Stay Hydrated

- Drank at least 64–80 oz of water

- Used a water bottle throughout the day
  - Added lemon or flavor packets (no sugar)
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## 8. Track Progress Without Obsessing

- Weighed in (if helpful)
  - Measured waist or hips
  - Noted energy levels and sleep quality
  - Clothes fitting better or looser
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## 9. Plan Your Meals

- Prepped protein + veggies in advance
  - Used meal prep containers
  - Avoided last-minute takeout
  - Brought snacks or meals when on the go
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## 10. Eat Mindfully

- Ate meals without distractions
- Paused halfway to check fullness

- Chewed food slowly and with attention
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### **Weekly Reflections**

- What habit went well this week?
  - What felt challenging, and why?
  - One small change to focus on next week: \_\_\_\_\_
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### **Tip**

Print and keep this checklist on your fridge or inside a wellness journal. Use check marks daily or weekly to track progress and build consistency over time.