

THE NEW YOU PLAN JULY PLANNER



31 Days in July.

What are you going to do with them?

Complete this planner and get focused on having a July that you will enjoy, but also one that will set you up to improve your health, looks, confidence, style, happiness and social life!

How you feel at the end of July, How you look at the end of July... all depends on what you do in the next 31 days.

July 2014

Calendarpedia  
Your source for calendars

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

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## WHO IS THIS WORKBOOK FOR?

This workbook has been created for people who are on TOTAL FOOD REPLACEMENT because they want to get to their healthy weight, stop the excuses, and start living the life they really want to live. This is for people who want to make REAL CHANGE and not make excuses.

This is for people who want to create A NEW YOU, and transform their lifestyle, habits, diet and mind set to support LONG TERM MAINTENANCE.

TOTAL FOOD REPLACEMENT IS A FANTASTIC WAY TO LOSE WEIGHT AND SHOULD BE LOOKED AT AS A SPRINGBOARD TO A HEALTHIER, SEXIER, HAPPIER NEW YOU!

You need to spend your time on total food replacement focused on:-

1. Building in healthy habits
2. Building in exercise and just moving more
3. Drinking more water
4. Thinking more positive about your ability to change and be healthy
5. Challenging limiting beliefs that are holding you back
6. Recognising your relationship with food when you are stressed / emotional
7. Finding ways to relieve boredom in the evenings

This workbook has been designed to help you get focused on losing weight but also to start working on these important 7 factors that will help you in the long term

PLEASE PRINT THIS OFF AND FILL IT IN WITH A PEN. YOU WILL GET SO MUCH OUT OF THIS EXERCISE, IF YOU REALLY WANT JULY TO BE AN AMAZING MONTH FOR YOU, INVEST THE TIME TO PLAN OUT YOUR PERFECT MONTH. I PROMISE YOU WILL NOT REGRET IT.

**[PS Please excuse the design of this booklet, it wasn't made to look good, it was made to make YOU look good.]**

## DISCLAIMER

Total Food Replacement is NOT SUITABLE FOR EVERYONE. You MUST get your doctors approval before starting a very low calorie diet plan. You need a BMI of 25 and no health problems. PLEASE MAKE SURE YOU DO NOT START THE PLAN WITHOUT SEEKING AND FOLLOWING YOUR DOCTORS ADVICE.

THIS FREE BOOKLET HAS BEEN CREATED FOR CUSTOMERS OF [www.TheNewYouPlan.com](http://www.TheNewYouPlan.com)  
UK & Ireland's NUMBER ONE Meal Replacement Company for helping people to create a NEW YOU!

## **INTRODUCTION**

July is here and this workbook will help you to get LASER FOCUSED on creating your NEW YOU! Whether you are already in your groove with the NEW YOU diet plan, or whether you are just getting started, it is always good to plan your month and set some goals. This will give you more focus and make you feel like you have something to work towards. Take the time now to schedule your success and you will not regret it.

Every Sunday keep your eye out for our weekly planner so that you can refocus on your monthly goals each week.

### **THIS PLANNER INCLUDES:-**

- 1.) Starting point – establish where you are now.**
- 2.) Get committed to a SUMMER MAKEOVER MISSION**
- 3.) Weight Loss Goals**
- 4.) Personal Goals**
- 5.) Habit Goals**
- 6.) Mindset Goals**
- 7.) Rewards**

You want to have a clear vision of where you want to be at the end of July, and you want that vision to EXCITING so that you can really enjoy the process and when you have hard days come (they will happen!!) you have your vision to get you through the day.

You need to remember that YOU ARE WORTH THIS. This is YOUR TIME to make the CHANGES you want and need to get you to a healthier happier place.

## ***IF IT DOESN'T CHALLENGE YOU, IT DOESN'T CHANGE YOU.***

This month will have it's challenges, if you want real change, you will not let the challenges beat you, you will beat your challenges.... Every challenge you win, you will get stronger and this process of creating your new you will become easier. But you need to be willing to fight this battle

Rome was not built in a day.

This is a journey, but month by month, week by week, day by day, hour by hour you will get there!

If you have a plan you have a better chance of success. Make this plan something that inspires and motivates you to be your best self.

## YOUR STARTING POINT

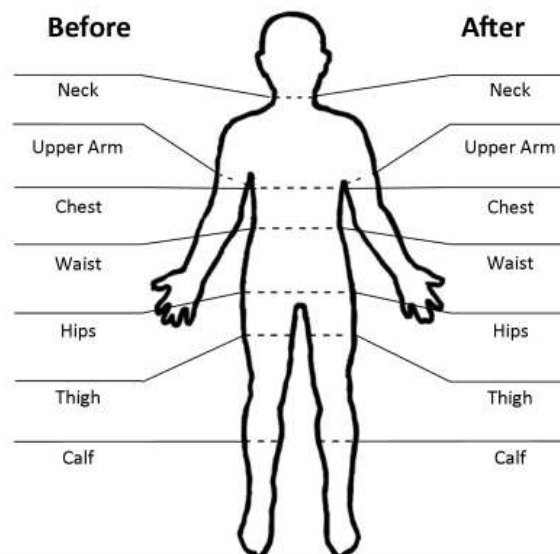
Get clear on where you are today. Even if you do not want to know the numbers. FACE THE TRUTH. Get clear on where you are today. Get clear on what you weigh, what you look like, how big your waist is, and what your BMI is. You will not like the figures, but take heart that this is the WORST these figures will ever be, from this day on, these figures are only going to improve as you create your new you!

Your numbers represent the truth of your health today, and these numbers are your starting point. This is what you are working on, improving these numbers, as these numbers are a measurement of your health, your diet, your lifestyle, your habits, your discipline and your self talk. You need to improve all of these to see these numbers improve. The diet is only part of it; **your commitment to change is the biggest part.**

PLEASE MAKE SURE YOU TAKE A BEFORE PHOTO. Front, side and back. This will be great for you to look back on. You might never want to show anyone these photos, but trust me, you will feel an amazing sense of achievement when you look back on what you have achieved when you get to your goal. So many people regret not taking the photo. Don't make the mistake of not capturing where you are today!

Take your key body measurements now, at the end of the month you can record your progress and fill in the end of July boxes. (We have a great BMI body measurement tape for sale on our website, if you do not have one, get one! You will want to measure yourself every month!

If you have been on the plan for a while, look out your starting figures and rewrite them out. It is good to take the time to calculate your progress and celebrate your success.



**MY MEASUREMENTS**

If this is not your first month on the diet then write up your stats from the start into this worksheet. If this is your first month, then just fill in the July stats!

	START DIET		TOTAL LOST	
Body Area	Left	Right	Left	Right
Neck				
Upper Arm				
Chest				
Waist				
Hips				
Thigh				
Calf				
Total				
	START JULY		END JULY	
Body Area	Left	Right	Left	Right
Neck				
Upper Arm				
Chest				
Waist				
Hips				
Thigh				
Calf				
Total				

	START DIET	TOTAL CHANGE SO FAR
Weight		
BMI (google BMI calculator to find out)		
Clothes Size TOP		
Clothes Size BOTTOM		
	START JULY	END OF JULY
Weight		
BMI (google BMI calculator to find out)		
Clothes Size TOP		
Clothes Size BOTTOM		

**ENTER THE SUMMER MAKEOVER MISSION WIN £1000**

We have a SUMMER MAKEOVER MISSION to keep you focused and motivated for the full summer!

At the end of the summer we will pick one lucky customer to win a £1000 prize VIP MAKEOVER! All expenses will be paid for this for you!

To be in with a chance of winning this £1000 prize here is what you need to do....



- 1.) Take your before photo with the I AM IN SIGN (download this from our website)
- 2.) You don't have to show us your picture now, but if you want extra accountability you can email it to [ellie@thenewyouplan.com](mailto:ellie@thenewyouplan.com) and post it in our secret slimmers group on facebook! There are lots of photos being posted in the group at the moment and the BUZZ IS ON!! Woohoo! ☺ If you want into the group, message Lisa on our facebook page [www.facebook.com/newyoudiet](http://www.facebook.com/newyoudiet) - we have almost 75,000 fans!
- 3.) Sign up for the JULY WEIGHT LOSS CHALLENGE and update your weight loss every week. You can do this on our blog on our website. This will help you to feel accountable. We will have a new weight loss challenge every month this summer.
- 4.) Take part in the daily tasks on the blog. Grant, Ellie & Julz are going to be publishing blog posts, videos and tasks every single day in July. This is a day by day journey for you, and we are here for you EVERY SINGLE DAY. You don't have to take part in every daily task, but the more tasks you take part in the more chances you have of winning the weekly prize draw (every time you leave a comment your name goes into the draw). The tasks will prompt you to think about the changes you need to make to create your new you. It is going to be fun, and most of all it is going to be transformational!! The prize draw takes part every TUESDAY! Good Luck! Xx
- 5.) At the end of the summer we will ask everyone to take a photo with the I DID IT sign, then you can submit your I AM IN photo and your I DID IT photo together if you want to be considered for the £1000 makeover prize!

**GOOD TIP!!** Print of the *I DID IT* poster now and put it somewhere you can see every day. This will affirm in your mind that YOU ARE GOING TO DO THIS!! And it will keep your eyes on the prize of a new you and a chance of winning an amazing £1000 makeover! ☺

## YOUR WEIGHT LOSS GOALS FOR JULY

How much weight you lose this month depends on A LOT of factors.

Sex (men lose more!! Lucky ducks!), Age, Activity Level, Amount of weight to lose... these are all key factors.

If it is your first month on the diet you will also have a bigger loss, your first week is usually big, could be anything from 5 pounds to 15 pounds! Or Even more! Most of the weight in the first week is water weight and glycogen. After the first week you should settle down to approximately 1 stone a month for women and 1.5 stone a month for men, this is not guaranteed but it is very very common that these averages happen.

You do not have to exercise to lose weight with this plan. Many of our customers are people who cannot exercise, and that is why the weight has piled on. If you do have mobility problems, you might find that as you lose the weight you are more able to become active.

We do encourage you to be active, not necessarily to boost weight loss results, but more for the fact that if you are serious about creating a NEW YOU, you need to build exercise and healthy habits into your lifestyle.

### STATE YOUR WEIGHT LOSS GOAL

On 31<sup>ST</sup> JULY I want to weigh

---

To achieve this I need to lose \_\_\_\_\_ pounds / kgs

I want my BMI to be

(google BMI calculator and enter your goal weight for end of the month)

---

I want my clothes size to be

Top \_\_\_\_\_

Bottom \_\_\_\_\_

## **YOUR PERSONAL GOALS FOR JULY**

This month is going to be amazing for weight loss, but you might also want to set some goals to improve other areas of your life.

- Your home / garden / car / decluttering / decorating
- Your work / business / professional skill base
- Your family life / love life / quality time / creating special moments
- Your hobbies / pass times / crafts / creativity
- Your voluntary work / church / charity work
- Your exercise / yoga / walking / swimming / ab challenge / squat challenge
- Your beauty goals / skin / hair / nails / makeup / accessories

What do you want to do this month that you have been putting off??

Pick 3-5 things that will make the biggest impact to your level of happiness.

PLEASE PUT THIS PAGE SOMEWHERE YOU CAN SEE IT EVERYDAY... MAKE SURE EVERY WEEK YOU ARE FOCUSED ON DOING SOMETHING THAT WILL MAKE YOU HAPPY BY MOVING YOU CLOSER TO THESE TOP 5 GOALS.

## **MY PERSONAL GOALS FOR JULY**

- 1.
- 2.
- 3.
- 4.
- 5.

When you are improving other areas of your life you will increase your self esteem and sense of new change and improvement, this will help you to stay focused on your diet and a new way of healthy eating and living when you get to your goal.

You will have more time when on a TFR diet, use this time to do things that will improve your life and make you feel better.



## **YOUR HABIT GOALS FOR JULY**

When you are on (TFR) TOTAL FOOD REPLACEMENT, this is the PERFECT TIME for you to build in some healthy habits. Having a break from food gives time to focus on your lifestyle and habits, these are the foundation of WHO YOU ARE. If you want to create a NEW YOU it all starts with your habits.

Habits you want to build in...

- Water
- Exercise
- Sleep
- Planning
- Journaling
- Personal Care
- Waking up early

### **WATER**

We recommend that you drink approx 4 litres of water each day throughout the day. This is a good habit to keep up AFTER total food replacement.

### **EXERCISE**

Daily exercise is also good to build in. If you are just starting out on the diet you will want to focus on light exercise for the first couple of weeks. When exercising listen to your body, push yourself without over doing it. The key here is to build the HABIT of exercise, so that when you come off total food replacement you ALREADY HAVE THE HABIT and then you can start to build the intensity. Total food replacement is a short term diet, this is to give you a platform and spring board to create your new you. Use this time to build in the habit of exercise.

### **SLEEP**

Too many people don't get enough sleep. You need your sleep so that when you wake up in the morning you feel refreshed. If you have bad habits of going to bed too late, being on your phone in bed (that blue light is not good for sleep!) Make it your mission to break these bad habits and build in the healthy habits and routines that will set you up for a good sleep. Research has shown that peoplebb

" who don't get enough sleep tend to be heavier as they eat more during the day to give them energy.

### **PLANNING**

A lot of times diet and healthy eating plans fail is because of lack of planning. When you come off TFR you need to be REALLY good at planning to make sure you always have healthy meal options 5f fccvplanned in advance. Get serious about planning now.

- Every week make sure that you have enough meal replacements to see you through the week. It is better to buy a monthly bundle or a bigger bundle.
- Make sure you keep an emergency supply of meal replacements in your desk or locker at work, and in your car, or in your handbag. That means if you ever forget to bring your products out with you, you still have access to products.
- If you want to start exercising, or swimming, get organised and get your gear together in advance so that you have no excuses!

## JOURNALLING

This is a fantastic habit to have, if you can journal your way through this journey, it will be amazing to look back on, you will learn so much about yourself and it will help you to reflect on what triggers you to eat due to stress or emotions. You can get our 21 Day Drop a Jean Size journal that will help you through the first 21 days (crucial time in your diet for building habits and breaking old habits). Or you can get a plain page journal ( I love paper blanks brand!)

If you don't think you can make the habit of journaling, then make it a habit to post everyday in our secret slimmers group.

## PERSONAL CARE

A lot of times people put on a lot of weight due to some problems in life, and that can mean you lose your habits for personal care, whether that is your skin routine, wearing make up, doing your hair nice, wearing nice clothes etc. If you have let these things slip then start this month to build them back into your life.

Remember the busier you are building healthy habits into your life...

- The less time you have to think about food
- The less chance you have of breaking the diet through boredom
- The less time you will spend on the sofa being a couch potato
- The more you are affirming to yourself that you are worth it
- The more chance you will have of making sure this is your last ever diet
- The better you will feel about yourself and the quality of your life

## WAKING UP EARLY

How you start your day will dictate how your day goes. Your day is your life in miniature. So be determined to start your day well. Get up early. Have a good morning routine that sets you up for the day. Look good, feel good, be focused on the day ahead and it will work out a good day for you. If you wake up late, feeling tired, disorganised, rushed and in a bad mood.... Guess what your day is going to SUCK!! If you do this everyday... your life will SUCK! And if your life sucks, then you are going to want to eat and drink to feel better and you are always going to struggle with your weight.

**WHAT HABITS ARE GOING TO FOCUS ON TO BUILD YOUR FOUNDATION FOR A LONG TERM NEW YOU?**

**You can use the weekly planner & habit checker to keep track of your habits & goals for the week!**

**WEEKLY HABIT CHECKER**

Wk Beginning \_\_\_\_\_

*Tick each box as you complete the habit.*

<b>YOUR HABITS</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>	<b>Total</b>
<b>TFR 100%</b>								
<b>Water 4 lts</b>								

<b>TOP 5 PERSONAL GOALS THIS WEEK</b>	<b>MY TOP 5 WHYS TO LOSE WEIGHT</b>
<b>1</b> Lose ____ pounds	<b>1</b>
<b>2</b>	<b>2</b>
<b>3</b>	<b>3</b>
<b>4</b>	<b>4</b>
<b>5</b>	<b>5</b>

**MY MOTTO FOR THE WEEK**

**MY REWARDS & TREATS THIS WEEK**

## **YOUR MINDSET GOALS**

This TOTAL FOOD REPLACEMENT diet is really a head diet. Especially in the first 21 days when you are breaking those bad habits of opening the fridge every evening, or having a wee something with your cup of tea. Your head is going to keep telling you that you cannot do this, get real with your answers ahead and don't be your own worst enemy this month...

**I can't do this** > *You CAN DO THIS. There is nothing in this that is outside your skill base. Make a shake, drink it. Open a meal bar, eat it. It is actually very simple to do. If your head is in the right place and you are focused and determined.*

**I need to eat to feel better** > *The first few days / first week can be challenging at times. Recognise this in advance. Know that you are more than likely going to feel this way. Make sure you have your products regularly and don't leave it too long in between. Drink your water, have a bath, go for a walk. You can feel better loads of ways, you do not need food to feel better. Listen to your favourite music, or do something else that will make you feel better.*

**This is too hard for me** > *This is hard. This is short term pain, for long term gain. Living life feeling overweight and not fitting into your clothes is HARD. Choose your hard.*

**I am always going to be fat, what's the point** > *You will always be fat if you keep doing what you are doing and don't make change. If change doesn't challenge you, it won't change you. You want to change your weight, it is going to challenge you. Love the challenge!! Bring it on!*

**Sure life is for living, im not doing this diet anymore** > *LIE LIE LIE!! This is total BS!! Don't even let yourself entertain this thought. This is absolute rubbish. Don't live to eat. Eat to Live. Make it your personal mission to live a life that is fulfilling that does not require you to eat to make you feel like you enjoy your life. This is not a LONG TERM thing. Food is not going anywhere. You can enjoy plenty of healthy meals when you get to your target. Settle yourself on your dedication to the meal replacements until you get to your goal, and then you can REALLY LIVE THE LIFE YOU WANT.... And not have to settle for a life that you let your weight dedicate what you do and where you go.*

**What's the point of doing this diet if I am going to be miserable** > *So why did you start the diet?? Was it not because you felt miserable in the first place? After the first week or so when you have completed your detox from carbs and junk food you will feel better than you have felt in months / years. Every customer says the same thing, that they FEEL AMAZING on the plan. So fight through those early days and you will be rewarded. Or give up and feel miserable anyways... like you did before you started the plan. Your choice! ☺*

**I am just going to do healthy eating, I can't do this** > *Great, do that! But my guess is you TRIED THAT BEFORE YOU TRIED MEAL REPLACEMENTS? And obviously if you bought meal replacements then that did not work for you!! Losing weight is HARD. If you have a lot to lose, losing 1 or 2 pounds a week (with those weeks where you stay the same or put on pound or 2 inbetween) it can be one of the most demoralising things to even contemplate. This diet is strict. But give it 100% and you will get 100% results... then when you get to your goal weight you can follow a healthy eating plan to maintain, and not to lose weight, which will be much easier for you to do.*

*BE PREPARED FOR TALKING YOURSELF AROUND WHEN YOU GET A NEGATIVE MINDSET.*

*THE BIGGER YOUR WHY, THE EASIER IT WILL BE FOR YOU TO STAY FOCUSED AND POSITIVE.*

*GET CLEAR ON WHY YOU ARE DOING THE DIET AND WHAT IT MEANS TO YOU.*

*Complete the task on the next page!*

**REWIRE YOUR BRAIN THIS JULY!**

Every time you challenge a negative thought or a limiting belief you are REWIRING YOUR BRAIN... this takes time, and while you are on TOTAL FOOD REPLACEMENT you need to spend this time, rewiring your brain.

Do you ever think... *I am scared I am going to put the weight back on? I am scared I will slip back into old habits??*

*You need to work on that this month...*

Every time you think anything like this, you need to immediately challenge it... and say ***"I can.. I will..."***

**Create an affirmation for yourself**

***"Everyday in everyway I am getting healthier, thinking healthier, eating healthier and moving more!"***

***Create an affirmation that suits you....***

*Write your affirmation here...*

Repeat this affirmation every time you are walking, running, doing the dishes, doing the ironing, whatever it is that you are doing.... And repeat everytime you think a limiting belief about your ability to maintain.

YOU CAN MAINTAIN

YOU WILL MAINTAIN

Hundreds of people have before you!

It is ALL about mindset.

**WORK ON YOUR MINDSET ABOUT MAINTENANCE THIS MONTH!**

# MY WHY

## My Top 10 Reasons Why I WILL Do This!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Anytime you need to get back into a positive mindset this month, read through this planner and remind yourself of these 10 reasons WHY you NEED to do this diet and get to your target healthy weight.**

**REWARDS FOR JULY**

Recognising your success and rewarding your effort is important. It can be something simple!

*A new nail varnish, face cream, eyeshadow, book, hand bag, candle lit bath, shoes, holiday, city break, home improvements, perfume, phone, kindle, slendertone belt, wi fit, spa treatments...*

*You can plan rewards for getting into ketosis, doing 1 day 100%, doing 1 week 100%, doing 1 week shakes only, getting into the next stone bracket, losing 7 pounds, losing 14 pounds, moving into a lower BMI category. You can also reward yourself for sticking to your habits. Give yourself mini goals to focus on and reward yourself along the way.*

How are you going to reward yourself this month? Get motivated and get excited. ☺

**MY TREATS & REWARDS THIS MONTH**

Milestone \_\_\_\_\_

Reward \_\_\_\_\_

Milestone \_\_\_\_\_

Reward \_\_\_\_\_

Milestone \_\_\_\_\_

Reward \_\_\_\_\_

Milestone \_\_\_\_\_

Reward \_\_\_\_\_

Milestone \_\_\_\_\_

Reward \_\_\_\_\_

Milestone \_\_\_\_\_

Reward \_\_\_\_\_