WELLNESS WITH EMILY / FREE PRINTABLE

Weight Loss Plateau

CHECKLIST

A calm review before you change your plan.



16 CHECKS / 5 STEPS

FIRST: A slow week is not always a plateau. Look at your trend over several weeks.

1 Look at the trend

The scale may be noisy

- [ ] I compared several weeks of progress, not one weigh-in.
- [ ] If I weigh, I use similar times and conditions.
- [ ] I considered salt, digestion, cycle shifts or new workouts.

2 Review everyday eating

Look for patterns, not perfection

- [ ] I reviewed what I ate and drank on typical days.
- [ ] I checked portions, oils, sauces, snacks and drinks.
- [ ] I looked at weekends, travel and routine changes.
- [ ] My eating plan feels adequate and sustainable.

3 Check daily movement

Little changes can add up

- [ ] I checked whether walking or daily movement changed.
- [ ] I considered whether my sitting time increased.
- [ ] I chose activity that is manageable for me.

4 Consider the bigger picture

Progress is more than one number

- [ ] I reviewed recent sleep, stress and recovery changes.
- [ ] I noticed other progress: strength, stamina or clothes fit.
- [ ] I noted new symptoms or medicines to discuss with my clinician.

5 Decide what to try next

One useful step is enough

- [ ] I chose one habit to test, not ten at once.
- [ ] I will give my routine time and review my trend again.
- [ ] I know when to ask a qualified professional for support.

MY NEXT TWO WEEKS

Try one doable step; review what happened.

ONE SMALL NEXT STEP

REVIEW AGAIN ON

QUESTION OR NOTE FOR A PROFESSIONAL