



THE FOUR DAY WIN

4 Days at a Time

EXERCISE: CREATING A 4-DAY WIN

Step 1: PICK A GOAL

Start by identifying any goal you'd like to achieve. Let's start with some weight-related behavior you haven't been able to sustain: exercising every day, not snacking after midnight, consuming at least one daily food item that could imaginably be found in nature. Make sure the goal is quantifiable. For example, "Eat more veggies" or "Use butter as a condiment, not a beverage" are too vague to put into operation. "Eat five ½-cup servings of veggies a day" or "Consume no more than 1 tablespoon of butter per meal" are much more useful. Write your goal here:

My Daily Goal:

Step 2: PLAY HALVESIES UNTIL YOUR GOAL IS RIDICULOUSLY EASY TO ATTAIN

So take your first-blush daily goal and cut it in half. (In the case of limiting something rather than increasing it, this means giving yourself permission to decrease your intake, but by only half as much as you think you should. For example, instead of "I will cut 500 calories a day," you'd promise "I will eat 250 fewer calories a day." In reference to the previous examples, you might say, "Eat 2 ½ servings of veggies a day" or "Consume no more than 2 tablespoons of butter per meal." Then cut that goal in half.



Write it below:

Step 3: IDENTIFY A REWARD

Now, think of a reward you could give yourself for keeping this goal today. I'm not talking about rewards like healthier veins or eventual svelteness – you've had those prizes in mind all alone, and they've proven insufficient to motivate action. When I say reward I'm talking about physical objects or pleasurable activities. When you think of a reward that feels tempting enough to motivate you to keep the Ridiculously Easy Diet Goal, write the reward here:

My Daily Reward: _____

Step 4: IDENTIFY A 4-DAY REWARD

Now, think of an additional, slightly larger reward that you'll get if you manage to keep your Ridiculously Easy Daily Goal for 4 consecutive days. The first 4 days are by far the most difficult part of your new fitness program, so you may have to be quite generous at this stage. Write your 4-day reward below:

MY 4-day Reward: _____

Step 5: MAKE SURE THE ACTION AND THE REWARD ARE LINKED

If you meet your ridiculously easy daily goals, you absolutely must give yourself the reward. Same with your 4-day goal. You must also resist any temptation to give yourself the reward if you **don't** meet your goals. If you do all this and you still don't take any action, reduce the task, increase the reward, or do both, until you start moving.

FINALLY.....

Fill out this form and post it in at least three places: your bathroom mirror, your refrigerator door, and your car dashboard and/or work space. Check off each day you manage to complete your ridiculously easy goals.



Ridiculously Easy Daily Goal: _____

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

HOW TO BE SKINNIER IN 4 DAYS

EXERCISE: GIVE YOURSELF A JUMP-START (OR A BREAK)

1. Read chapters 1-10, 20, and 30.
2. Go to the appendix and follow the action steps you find there. They will tell you how to get started losing weight now, now, now (though in a patient, Zenlike way).
3. Get started on your weight-loss program as instructed.
4. Meet me back here in Chapter 3, and to through the chapters in order, doing any 4-day wins as necessary to integrate all the backfield skills you'll need to change your body, brain , and life into that of a naturally and permanently lean human being.

“Jump-Start” 4-Day Win

Ridiculously Easy Daily Goal: *I'll read the Jump-Start chapters and follow the directions in the appendix to start losing weight immediately. If I'm not in a hurry, I'll just read along without Jump-Starting and lose weight in due time as I learn my 4-day win practices and skills.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

THE TRANSTHEORETICAL MODEL AND THE PIGGLY WIGGLY PROBLEM

EXERCISE: WHERE ARE YOU?

Determine which of the following statements best describes you:

1. I have no real intention of changing my body or fitness level.
2. I've been thinking about getting more fit, but I haven't actually done much about it yet. I'm not really sure what I'm going to do, or the best way to go forward.
3. I've decided to lose weight. I've started putting my ducks in a row—reading diet books, signing up at the gym or exercise class, buying healthier food, discussing my plans.
4. I'm currently losing weight. I've changed my eating and exercise habits. It's working, but I still have to focus on it pretty hard. It's a bit (or a lot) of a struggle.
5. I've been doing well on my fitness program for at least 6 months. I've lost some or all of the weight I wanted to lose, and staying fit doesn't require a huge amount of effort. However, I'm still worried about going back to my old habits.
6. I was doing pretty well with my fitness plan, but recently I feel that I'm losing control again. I eat more than I should, exercise less than I should, and I'm worried about regaining the weight I've lost, or gaining even more.
7. I've been doing well on my fitness program for a year or more. I don't even think about it these days. I feel no temptation to eat more than I need to satisfy my real nutritional needs, and I stay active without any particular effort.



Scoring

If you chose number 1, you're in the stage known as
PRECONTEMPLATION

If you chose number 2, you're in the stage known as
CONTEMPLATION

If you chose number 3, you're in the stage known as
PREPARATION

If you chose number 4, you're in the stage known as
ACTION

If you chose number 5, you're in the stage known as
MAINTENANCE

If you chose number 6, you're in the stage known as
RELAPSE

If you chose number 7, you're in the stage known as
TERMINATION

“Precontemplative Reading” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll read through the upcoming chapters on precontemplation.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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THE POLAR BEAR EFFECT

WHY RESISTANCE IS FUTILE

EXERCISE: CHECK YOUR RESISTANCE TO WEIGHT LOSS

Precontemplation Quiz

Answer the following true/false questions as honestly as possible. Notice that the words “true” and “false” are not always in the same column. Make sure you circle the correct work for each question.

A	B	Questions
TRUE	FALSE	When I think about my weight-loss program, I feel excited.
FALSE	TRUE	If I can lose weight, I'll get more approval from someone I love.
FALSE	TRUE	I hate the way I look.
TRUE	FALSE	I love the clothes I wear every day.
FALSE	TRUE	I can't stand living in this fat body one more week.
TRUE	FALSE	I have lots of loved ones cheering me on in my weight-loss efforts.
FALSE	TRUE	I feel nervous or anxious a lot of the time.
TRUE	FALSE	I feel comfortable and relaxed eating in front of other people.
TRUE	FALSE	No one really notices whether I am fat or not.
FALSE	TRUE	I'm angry at myself for eating so much.
FALSE	TRUE	No one's attracted to me when I'm at this weight.
FALSE	TRUE	I feel ugly.
TRUE	FALSE	I love my body exactly how it is.
TRUE	FALSE	I enjoy every bit I eat.
FALSE	TRUE	No one really knows how bad I feel about myself.
TRUE	FALSE	I believe I'm sexy.
TRUE	FALSE	I want to tell everyone about how I'm going to lose weight.
TRUE	FALSE	Staying fit is fun for me.
TRUE	FALSE	My weight isn't keeping me from being completely happy.
FALSE	TRUE	I'm ashamed of myself.

Scoring

Count the number of answers in Column A. Then see where your answers locate you on the following continuum.

0-5 answers in Column A: At a conscious level, you desperately want to lose weight. But subconsciously, you're resisting the process. This doesn't mean there's anything wrong with you, only that you've absorbed negative ideas that will make permanent weight loss virtually impossible for you until you master the "precontemplation" skills you'll find in the next chapters. If you don't learn them somewhere, your weight loss will be difficult and temporary, at best.

6-10 answers in Column A: You're probably stuck in an oscillating pattern at a weight that's heavier than you want. You manage to lose a few pounds every now and then, but never as much as you'd like. You regain the weight, plus a few extra pounds, whenever you hit a stressful patch in our daily life. The precontemplation exercises in this book will help you get beyond this frustrating pattern.

11-15 answers in Column A: Your weight isn't a horrible issue for you, just an annoying one. You're already doing many of the things that get your subconscious responses past precontemplation, but if you master the exercises at this stage of the 4-day win, you'll be able to stay leaner and feel much better about yourself.

16-20 answers in Column A: You either started out with relatively few psychological issues around food and weight, or you've done some serious psychological work to become aware of and move past the precontemplation stage of weight loss. For you, the chapters in this section may already be quite familiar. You might enjoy reading through them as a review, or as validation, but if you feel like moving on to "contemplation" right now, go ahead.

“Checking for Unconscious Resistance to Weight Loss” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll test myself to see if I'm scoring differently on the “resistance to weight loss” test. If my score is stable for 4 days, I can be reasonably sure that the results are accurate and work to overcome any unconscious resistance I may be experiencing.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

EXERCISE: WATCH YOUR FAMINE BRAIN

As you know, our environment is chock-full of messages that in order to be considered truly beautiful, you must be a small bony object that might easily fit through a subway grate. For just a few minutes, I'd like for you to focus your attention on the media messages that really get to you: magazine or TV images of zero-body fat athletes, dancers, or models; medical reports about obesity and morbidity; the cruel jokes your brothers make about your thick ankles. Write a list of these things in the space below:

1. Messages that make me think I must lose weight: _____

Now, bring to mind the things you tell yourself when you're feeling especially corpulent-perhaps mild exhortations like "You could stand to trim down," but more likely angry rants, like "You disgusting sack of blubber! No one will ever love you until you lose that hideous flab!" Write these things in the following space:

2. Things I tell myself to make sure I'll lose weight: _____

Now, read over the two lists above. Let these items fill your mind-the skinny models, the angry judgments, the self-hatred. Holding them in your thoughts, answer these questions:

3. With these thoughts in mind, what emotions do I feel? _____

4. Holding these thoughts in my mind, do I feel more or less desire to eat?____



“Observing Famine Brain” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I’ll watch my own emotional and psychological responses to food limitation, noting when I show signs of famine brain.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you’re already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

EXERCISE: THE 10-MINUTE VACATION FROM PREDATION

Overeating is a self-calming behavior that's triggered by resistance –your resistance to your body's appetites, it's resistance to your attempts at controlling it. You can't ask a prey animal to stop being afraid when it feels threatened-everything in its nature makes that impossible. Remember, I'm not just comparing your overeating self to a prey animal, I'm telling you it literally is one. If you want it to cooperate with you, you must start by helping it feel safe. At least once a day for 4 days follow these instructions:

1. Find a safe space where you can be uninterrupted for at least 10 minutes.

Hints:

- Choose a time when you're not hungry. Right after stuffing your face is a good opportunity; your body's animal fear of being hungry will be at its lowest point.
- Find a place where you can be physically comfortable. You can sit or lie down if you like, or it may feel good to move. If so, choose a mindless activity like walking or knitting, rather than something that demands attention, such as cat burglary.
- Make sure you are also psychologically comfortable. During the years I was alternately starving and bingeing, I felt safest when I was running or riding a bicycle, which allowed me to obey my “flight” instincts. Nowadays, I get the same comfort from gazing at a wind sculpture outside my bedroom window. It moves, so I don't have to.
- If possible, find a spot where no one can see you, including you (don't sit facing a reflective surface). Being watched makes prey animals very, very uncomfortable.
- Your safe zone should be a place where there's no food visible or readily available. Ideally, it will be a place where nobody eats, ever. At this point in your psychological development, food may confuse or overwhelm your instinctive self.

Keep experimenting until you find a place where your most nervous, paranoid subconscious prey animal can feel as secure as possible. This is the equivalent of taking a horse into the round pen, where it can both run and feel protected by the walls.

2. **Stop attacking your body, and start supporting it.**

Beating up on yourself when you're already out of control will only leave you emotionally bruised, more crazed, and ultimately fatter. If you want to lose weight, you must drop your predator behavior. That means being supportive, rather than aggressive, towards your body. It won't come naturally at first. You may feel ridiculous. I don't care. Fake it. After you've established a safe place, breath as deeply and evenly as you can. On each out-breath, tell yourself one or more of the following mantras (you can say them out loud, or do it silently).

- Everything is okay
- I don't have to do one single thing for the next 10 minutes
- I can handle this moment, and I don't have to handle anything else.
- My body has suffered a lot. It deserves understanding, not cruelty.
- In the grand scheme of things, how much I eat or weigh matters much less than being kind. I will start by being kind to my body.
- Struggling not to be the person I am right now is pointless and useless.
- If I never changed a thing, the world would keep revolving.
- It's all right to rest.

3. **Wait for signs your body is ready to “join up” with you.**

If you keep silently repeating these thoughts-even if you don't mean them at first-you'll eventually notice a response in your body. It will signal its readiness to accept you as its herdmate with physical cues, like a horse that feels safe enough to join up. Look for these observable signs of the “relaxation response”:

- Deep, regular, easy breathing; a sensation of opening in your airway.
- Muscle relaxation, especially in your torso, neck and shoulders. The space between your shoulders and the crown of your head lengthening.

- Brief spells of laughing or crying (either of these can happen when our fear levels go down; both are ways the body may use to get out of a “fight or flight” state).
- Sleepiness
- A sense of emotional quiet and peace.
- The taste in your mouth becoming less bitter, more sweet or salty (stress hormones, along with putting fat on you, make your saliva taste bitter).

“Body Whispering” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll spend 10 minutes in a place where my prey-animal self feels safe. While I'm there, I'll think supportive thoughts, not attacking ones, until I feel a relaxation response.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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THE CREATURE AND THE COMPUTER

EXERCISE: SENSATION INTERPRETATION Learning to Speak “Creature”

1. *Start by going on your “10-minute vacation from predation” and establish a good, strong relaxation response. It’s best to do this when you’ve just eaten, because to do the exercise, you need to go without food for the next 15 minutes.*

If you’re unable to do this, go back to the exercise in Chapter 5, and to another 4-day win. Then try this exercise again. Going forward without getting to the point where your body starts to relax is like trying to pour water when it’s frozen solid. You can only “melt” your rigid dietary habit by relaxing.

2. *Describe, in very precise words, the sensations in your hand and feet.*

We’re starting with hand and feet because they’re the parts of the body that usually frighten chubby people the least. Even so, you may be so used to ignoring your body’s sensations that this simple-sounding task is actually quite difficult. If you can’t feel anything, touch a few different objects: your shirt, your head, a chair. Describe in words the sensations you feel. Try:

Temperature words (hot, cold, lukewarm, room temperature, absolute zero)

Texture words (smooth, rough, nubby, scratchy, silly, mushy)

Shape words (sharp, rounded, angular, pointy, cylindrical)

Discomfort words (achy, itchy, tired, sore, raw, cramped)

Right now, my hands and feet are feeling: _____

3. *Allow your attention to travel up your arms and legs, through your torso and head. Describe, in words, the physical feelings you observe in your body as a whole.*

This may take a while, and you might feel different things in different parts of your body. Describe all of them. For example, if I do this right now, I notice that my head feels groggy, my neck and shoulders are extremely tight, and I have a slightly nauseated feeling in the pit of my stomach. I'm warm, but not uncomfortably so. Other than that, I feel kind of floppy and relaxed.

Your natural tendency may be to screen out much of the discomfort you feel, or to focus grimly on pain without noticing the good feelings. Allowing both good and bad sensations into consciousness, without resistance, is crucial to staying lean.

Right now, my body as a whole is feeling: _____

4. *Remaining relaxed, describe what you are feeling emotionally. If you can't tell, return your attention to the least comfortable part of your body. Breathe into the discomfort. Allow it to get bigger. Continue this until you sense the emotion connected to the discomfort (there will be one). Describe that emotion in words.*

If I focus on the sensation in my neck and shoulders (currently the part of my body that is least comfortable), I feelwait a second, it's coming to megive it time....huh. Frustration, almost mild anger, because I have to go to a dentist appointment in half an hour, and I'd rather keep writing. I didn't know I was feeling frustrated until this minute, but there it is.

By the way, if you're like my heaviest clients, you may be thinking that this is touchy-feely pop-psych New Age folderol way beneath your intelligence, and that you'll just skip over this particular exercise. If so, I'll tell you what emotion you're feeling: fear.

Emotion terrifies your computer mind, and if you habitually resist acknowledging painful emotions, you've got a mother lode of unfelt feelings bottled up. You're just tapping the powder keg you carry around all the time. As you become aware of your emotional state, you may cry, shake, scream,

yell, pound your tiny royal fists. Too damn bad. If you want to lose weight, you'll do this step.

Right now, emotionally, I am feeling: _____

5. *Breathe deeply, relax, and notice that on a purely physical level, you're not hungry.*

You may have just connected with terrible sadness over bygone circumstances, such as the premature death of your pet goat, or the excessive longevity of your in-laws. In response to these deep, difficult, pain experiences, I would say to you-and I mean this sincerely: yea, yeah, whatever.

Keep paying attention until you can give your hunger level a score between 0 and 10. Zero means you're feeling no hunger at all, and 10 meaning you're starving. Try it.

Right now, my hunger score is:										
0	1	2	3	4	5	6	7	8	9	10
Not hungry					Ravenous					

Repeat this exercise at least three times a day for 4 days, as you're getting dressed in the morning, during a break or while doing mindless labor in the middle of the day, and when you go to bed at night. Notice the different sensations in your gut under different conditions. Repeat this 4-day win until you can name your hunger score, and differentiate it from an emotion based eating urge, under any circumstances. Then feel free to move on.

“Sensation-Interpretation” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll notice what I'm feeling physically and emotionally. I'll rate my hunger level from 0 to 10 at least three times a day.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

THINKING ABOUT THINKING ABOUT IT

EXERCISE: LET YOUR DOMINATE AND NONDOMINANT HANDS CONVERSE

1. Sit down with a notebook, a writing instrument, and at least 10 minutes of time at your disposal.
2. Draw a vertical line down the center of a blank page, dividing it into two columns.
3. Using your preferred, dominant hand, write a message at the top of the left-hand column. You're writing a note to the part of you that overeats. Start with a greeting, like "Hey, how are you doing right now?"
4. Switch the pencil or pen to your nondominant hand. Position your writing instrument at the top of the right-hand column, directly across from our first message. Start writing with your nondominant hand, responding to the question from your dominant hand. Don't censor, judge, or control the message. Just let it emerge.
5. Switching back to your preferred hand, write another message in the left column, under "Hey, how are you doing?" I suggest you use the phrase, "What can I do to help you feel so good you won't want to eat?"
6. Switch back to the nondominant hand, and wrote whatever comes up in response.
7. Continue to go back and forth, using your dominant hand to nonjudgmentally ask how you (that is, your computer self) can make your nondominant hand (that is your creature self) comfortable, happy, and relaxed. No matter what emerges, do not judge or condemn your creature self. Just keep offering to help.
8. When your nondominant hand writes a message signifying willingness to cooperate, wish it well and conclude your session. This sometimes takes up to 10minutes, but you may find that you come to an agreement between our computer self and your creature self almost immediately. The more time you've spent dieting, the longer it will take.



“Nondominant Hand” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll write a conversation between my dominant and nondominant hands. With my dominant hand, I'll ask for cooperation in eating healthily. I will allow my nondominant hand to respond in any way it wants.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

Check Off Completed Days Here

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THE MOST IMPORTANT WEIGHT-LOSS SKILL IN THE HISTORY OF THE UNIVERSE

EXERCISE: THE WATCHER, THE DICTATOR, AND THE WILD CHILD

- Hold out your right hand, palm up. Imagine a 2 inch tall version of yourself in a military uniform, with a whip in one hand and a gun in the other, stomping around in your palm, shrieking insults and commanding you to lose weight. This is the Dictator.
- Hold up your left palm and picture your Wild Child there also 2 inches tall, dressed in skins and bark, covered with scars, waiting for an opportunity to escape or subvert the Dictator's brutal control. Watch until you can see them both clearly in your mind's eye.

Becoming a Watcher is a forefield skill, one you'll want to use daily, or even several times a day, once you master it. To begin, try the following 4-day win:

“Becoming the Watcher” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll visualize my Dictator and Wild Child sides, one in each hand. I'll offer them compassion until I feel that I am not either one of them.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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LEARN TO RETURN TO THE PLACE OF INNER PEACE

EXERCISE: RETURN, RETURN, RETURN

TECHNIQUE #1: THREE BREATHS

TECHNIQUE #2: TREASURE CHESTS

The treasure chest technique simply requires that you temporarily put down hurtful brain-toys, and pick up your treasures instead.

Ten “Treasure-Chest” Memories

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

TECHNIQUE #3: THICK DESCRIPTION

This means noting every possible physical detail of a situation without judgment.

Thick Description of a Wonderful Memory: _____



“Learn to Return” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll spend 10 minutes deliberately replaying positive memories in great detail, while breathing deeply and squeezing my pinky finger in my right hand.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

Check Off Completed Days Here

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HOW TO STOP EATING WHEN YOU CAN'T STOP EATING

EXERCISE: FINDING THINNER PEACE IN WARTIME

Beating the Binge Monster

1. Get to a safe place, breath, and notice your physical sensations, then emotional ones. Repeat affirmation like "I don't have to do anything right now," until you can accept what you are feeling for this moment. Keep deepening your breathing and acceptance until you feel your muscles relax.
2. Recall a recent occasion when you overate- the more out-of-control, the better.
3. In memory, walk through the experience of the binge.
4. As you watch the memory of the binge, notice what you were feeling emotionally.
5. Now focus on the shame or self-loathing you felt once the eating finally stopped.
6. For six full breaths, detach from the Wild Child and the Dictator by picturing both, simultaneously, and offering them kind wishes.
7. Replay the scene of the binge one more time, observing it as the Watcher and offering kindness to your bingeing self the entire time.
8. Stay in this relaxed state for as long as you can, up to 5 minutes.



“Beating the Binge Monster” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll revisit a time I overate or felt out of control of my eating. I'll persist until I can relax throughout the entire memory.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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MAKE LOVE, NOT WAR

LIVING IN THE PLACE OF PEACE

EXERCISE: LOVE MEANS NEVER HAVING TO SAY YOU'RE CHUBBY

Create an Appreciation List

To do this exercise, think of someone who's a positive presence in your life.
Write down the name of this person: _____

15 things I appreciate about the person named above:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

“Ruthlessly Exploiting Appreciation and Gratitude” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll write down 15 things I appreciate, or for which I am grateful.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

[illegible]



“Food-Mood-Brood Journal” 4- Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll keep my food-mood-brood journal to see what thoughts and emotions are linked to my overeating. I'll reread any of the EASY myths that I may have internalized and see what CALM insights feel right to me.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

NOT ALWAYS SO: FROM FATHEAD TO OPEN MIND

EXERCISE: NOT ALWAYS SO

1. Link Behavior with the Lies That Drive It
2. Question Your Thoughts

“Not Always So” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll write down things I've eaten when not hungry. I'll sit with the memory until I can identify the thought that triggered the eating. Then I'll think of at least one reason, no matter how far-fetched, that my triggering thought may not always be so.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

Check Off Completed Days Here

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

BEWARE THE PERMANENTLY HELPLESS DALMATIAN REPTILE

EXERCISE: WARDING OFF THE DALMATIAN REPTILE

PERMANENTLY HELPLESS DALMATIAN REPTILE

1. I need to worry about _____
2. I get stuck because _____
3. I have to _____
4. I never had enough _____
5. It would be a disaster if _____
6. I can't ever let myself _____
7. I can't tolerate people who _____
8. It's always wrong to _____
9. I mustn't _____
10. I shouldn't ever _____
11. I always _____
12. I am _____

“Permanently Helpless Dalmatian Reptile” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll search my own thoughts for Permanently Helpless Dalmatian Reptile storylines, question these thoughts, and refocus on gratitude or appreciation.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

RESEARCHING YOUR LIFE YOUR WEIGHT LIFELINE

EXERCISE: PLOTTING YOUR FATNESS LIFELINE

Step 1: See spreadsheet (handout)

Step 2: Consider the age you were when you felt most overweight. What was going on in other areas of your life? Break it down into categories.

- A. Love life _____
- B. Education _____
- C. Job or career _____
- D. Friendships _____
- E. Finances _____
- F. Family Origin _____
- G. Medical condition _____
- H. Children or pets _____
- I. Leisure-time activities _____
- J. Living situation (physical environment) _____

Step 3: Repeat the step above for your second-fattest age ever, then your third.

Step 4: Now consider the age you were when you felt leanest, when you were effortlessly thin or lost weight successfully. What was going on in your:

- K. Love life _____
- L. Education _____
- M. Job or career _____
- N. Friendships _____
- O. Finances _____

P. Family of origin_____

Q. Medical condition_____

R. Children or pets_____

S. Leisure-time activities _____

T. Living situation (physical environment) _____

Step 5: Repeat the step above for the second thinnest time in your life, then the third thinnest time_____

Step 6: What's a storyline that accompanied your fattest times? Write one below, then write down three reasons the story may not be true or useful_____

“Lifeline” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll spend 10 minutes thinking about my weight lifeline, recalling any environmental, emotional, or situational factors that occurred during the times I gained or lost weight. I'll write down any factors that seem significant.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!



FAT RAT PARK

IDENTIFYING YOUR NATURAL ENVIRONMENT

EXERCISE: RAT TRAP VERSUS RAT PARK RESEARCH

List words that describe the feelings you get when you're caught in a cage.

Three people in my life who catalyze "rat-trap" feelings:

1. _____
2. _____
3. _____

Things these people have in common: _____

Three places in my life that catalyze "rat-trap" feelings:

1. _____
2. _____
3. _____

Things these places have in common: _____



Three activities in my life that Catalyze “rat-trap” feelings:

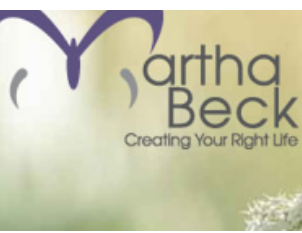
1. _____
2. _____
3. _____

Things these activities have in common: _____

Three situations in my life that catalyze “rat-trap” feelings:

1. _____
2. _____
3. _____

Things these situations have in common: _____



Sunday in Rat Park

These conditions make you feel free, satisfied, content, etc.

Three people in my life who catalyze “rat-park” feelings:

1. _____
2. _____
3. _____

Things these people have in common: _____

Three places in my life that catalyze “rat-park” feelings:

1. _____
2. _____
3. _____

Things these places have in common: _____

Three activities in my life that catalyze “rat-park” feelings:

1. _____
2. _____
3. _____



Things these activities have in common: _____

Three situations in my life that catalyze “rat-park” feelings:

1. _____

2. _____

3. _____

Things these situations have in common: _____

Conditions That Make Me a Fat Rat _____

Conditions That Make Me a Skinny Minnie _____

“Rat-Park Research” 4- Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll notice and write down one person, place, activity, or event that makes me feel trapped and imprisoned. I'll also note one person, place, activity, or event that makes me feel like I'm home in my natural environment. I'll notice how each of these conditions affects my desire to eat.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!



THE THREE B'S BUILDING YOUR OWN RAT PARK

EXERCISE: THE THREE B'S

1. Relax, access the Watcher state and note your hunger level (0-10)
2. Make a list of "things to do" today

List of things I plan to do today:

Desire-to-eat-score (0-10):

3. Choosing the most aversive, rat-trap like item on your to do list ask yourself
 - A. Can you BAG this activity?
 - B. Can you BARTER this activity?
 - C. Can you BETTER this activity?

Ideas for bagging, bartering, or bettering this activity: _____

4. If you believe there's nothing you can do to bag, barter, or better your worst responsibilities, you're fibbing to yourself again.
5. Make one small change in the activity you hate most, replacing a rat-trap condition with a rat-park element.

“Use the Three B’s” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I’ll bag, barter or better something on my to-do list that increases my desire to eat.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you’re already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!



FAT IS A SOCIAL DISEASE GETTING SUPPORT FOR YOUR NEW LIFE

EXERCISE: SLENDERIZING YOUR SOCIAL SETTING

Write down the names of people who support your overweight self and people who will help you get and stay lean



My Munch Bunch	My No-Go's	My Slender Befrienders	My No-Go's

- Optimizing your social calendar:
- Pick a Problem Person and Change the Rules
 - Observe the Response
 - Go to Your Place of Peace
 - Love without Needing to Be Loved

“Optimizing Your Social Calendar” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll picture myself telling Munch Bunch and No-Go people that I'm changing the rules of our friendship. I'll observe their responses and practice going to my place of thinner peace even when there is uncomfortable emotional pressure coming from them. I'll do this until I can feel relaxed while imagining their unhappiness.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

EAT WHATEVER THE HELL YOU WANT PREPARING TO EAT LESS

EXERCISE: DETERMINING YOUR CURRENT DIET PROFILE

Answer the following true-false questions. There is no right or wrong answer.

TRUE	FALSE	I'm not confident enough to be a real do-it yourselfer; I'm very happy leaving difficult jobs to the experts.
TRUE	FALSE	It's hard for me to face a difficult task without support from someone knowledgeable and kind, who can give me feedback and encouragement.
TRUE	FALSE	When it comes to learning a new skill, I'd prefer to work with a flesh-and-blood instructor or teacher as opposed to a book or instructional video.
TRUE	FALSE	No matter what I'm undertaking, I feel safer and more motivated when I have someone to coach me through unfamiliar tasks.
TRUE	FALSE	I don't want to have to keep track of things like calories, fat grams, minutes of exercise, and so on. I have too many things on my mind as it is.
TRUE	FALSE	I like working with people, but I also like to know why they do what they do. When I go to the doctor, get my car fixed, or hire a repair person to work on my home, I want to know exactly what he or she is doing and why.
TRUE	FALSE	I don't like to work alone, and I don't like being a subordinate. I generally work in teams where I'm the one who really understands what needs to be done and how the team should function.
TRUE	FALSE	I'm a natural-born leader. I like taking charge, because I usually understand what's going on better than the people around me.
TRUE	FALSE	If money were no object, I'd much rather pay someone to give me a pedicure, do my hair, or decorate my living space than do the work myself-but I want to make all the decisions about how the job gets done.
TRUE	FALSE	I don't have the time or patience to perform every day, routine tasks; I prefer to hire help or delegate the labor for these tasks so I can focus on more interesting challenges.
TRUE	FALSE	I love figuring out complicated things on my own. I want to know how everything works, and I get impatient unless I get to direct my own learning process.
TRUE	FALSE	It's frustrating for me to work in teams; when I'm trying to achieve a goal, I'd rather go at my own pace than have to coordinate with other people.
TRUE	FALSE	I love to get information (from books, experts, TV shows, any source) that explains how the world works in detail.
TRUE	FALSE	When I'm passionate about a subject, nothing can stop me from learning everything there is to know about it. I'm almost obsessive.
TRUE	FALSE	If you gave me a choice between having an expert do something for me and learning to do it myself, I'd almost always choose the do-it-myself option.
TRUE	FALSE	I'm highly self-motivated, and I don't need to know every detail about whatever I'm attempting. Just tell me some basic rules, leave me alone, and let me work!
TRUE	FALSE	I like simple, clear goals, and left to my own devices, I'll attain them. Having to involve other people in any effort frustrates me.
TRUE	FALSE	I like functioning in systems where there's an established way to do things (for example: the school system, a company, a family tradition, the military). I've earned individual recognition for excelling in such environments.
TRUE	FALSE	Give me a job, and I'll get it done if you stay out of my way. Period.
TRUE	FALSE	If I believe in what I'm doing, I go straight into action without waiting for anyone else to come along, and I don't stop until I've achieved my objectives.

Scoring

If most of your True responses showed up in questions 1 – 5, you fit what I call the Apprentice profile. You need high structural support but not all that much detailed information.

If your True answers clustered in questions 6-10, you fit the profile of a VIP. You Learn a lot about what you want to accomplish, then coordinate people to implement strategies you design.

Getting a lot of True responses on questions 11-15 means you have a Scholar profile. High information, not much structure.

Finally, if you got a lot of True answers on questions 16-20, you're an Explorer. You need a few good instructions, a lot of space, and a clear goal but little information and little structure.

“Pick a Diet, Any Diet” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll spend 10 minutes a day checking out the weight-loss programs listed in this chapter. I'll pick a program, then I'll go on to read Chapters 31 and 32 of this book, so that I can design my first “eat less” 4-day win.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

Check Off Completed Days Here

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

BURY A BUNCH OF BONES DEVELOPING ABUNDANCE BRAIN

EXERCISE: BURYING BONES FOR ABUNDANCE BRAIN

1. Picture Your Sinful Food
2. Go to the Place of Thinner Peace
3. Imagine Magical, Limitless Amounts of Your Sinful Food

“Burying Bones for Abundance Brain” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll practice eating some of my forbidden foods, stopping when I'm full, and remembering I can have more of what I want the next time I'm hungry. I'll notice the effect this has on my cravings.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

Check Off Completed Days Here

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

TRASH THE TREASURE, DON'T TREASURE THE TRASH

EXERCISE: TRASH THE TREASURE, DON'T TREASURE THE TRASH

This next exercise is a skill you might use daily for the rest of your life, possibly at every meal.

1. Wait until you're hungry, then get a whole bunch of very righteous food.
2. Become the peaceful Watcher
3. Eat some of the very righteous food, watching your own sensations, until you're satisfied.
4. Throw away the remaining very righteous food.
5. Wait until the next time you're hungry, and repeat the whole process with moderately righteous food.
6. Wait until the next time you're hungry, and repeat the whole process with moderately wicked food.
7. Wait until the next time you're hungry, and repeat the whole process with extremely wicked food.

“Trash the Treasure” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll get more food than I want, eat mindfully from the position of the Watcher until I feel satisfied, then throw away the food that's left over.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

FLAVORS FOR FLOUNTING FAMINE BRAIN WEIRDLY COMPELLING NEW DIET RESEARCH

EXERCISE: PLAY WITH FLAVOR

The preparation stage of your skinny lifestyle should include a little experimentation with flavor effects. You can buy books written by Drs. Katz and/or Roberts. I recommend Dr. Katz's strategy of eating similarly flavored food during any given day.

“Flavor Fast” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll experiment with flavor. I'll either (1) eat similarly flavored food all day long; (2) have a 2 hour flavor fast with a dose of water, healthy supplements, and fiber; or (3) both of the above. I'll pay close attention to the way my body reacts to flavors, knowing this will strongly impact my eventual attempts to eat less.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

WHAT'S MY MOTIVATION? MAKING MOVING EASIER

EXERCISE: MOTION, MOTION

You should begin creating a plan to move more by playing to your conative strength. If your type is...

- **Fact Finder:** Begin by accessing the most authoritative information source available in cyberspace, in print, or in real life. Find yourself an expert-or a few experts- who can tell you where to go for your chosen activity, what equipment you'll need, and how to tap into a structured program that will give you some milestones and goals.
- **Follow Thru:** Find a system such as a class, a trainer, or a structured workout program that you can connect with.
- **Quick Start:** Begin by going to the location where an activity takes place: a studio, a hiking trail, a ski resort.
- **Implementer:** Start with equipment. Go to a sporting goods store, a yoga studio's clothing shop, a music store where you can buy your favorite dance music.

“Motion Motivation” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll spend half an hour preparing the details of my move-more initiative, start from my conative strength and connecting with people or groups who are most motivating to me. By day 4, I'll have a plan that feels highly motivating.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

YOU'RE GETTING VERRRRY SLEEEPPYYY.... AVOIDING BURNOUT

EXERCISE: CHECKING FOR BURNOUT

Five stages of burnout:

- Driven
- Dragging
- Losing It
- Hitting the Wall
- Burned Out

“Minimum Movement” 4-Day Win (For Folks with Burnout Symptoms Only)

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll cancel all nonessential activities, lie in bed wearing my jammies, enjoy mindless entertainment, nibble on healthy food whenever I feel hungry. If I feel anxious and want to get up, I'll go to the place of Thinner Peace until the feeling passes.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

YOU NEED NEW MOVES PREPARING TO MOVE MORE

EXERCISE: CREATING YOUR MOVE-MORE OPTIONS

WORKOUT D: AUGMENTED FIDGETING

FAVORITE FIDGETS
<p>Please write down at least three ways in which you like to fidget. Behaviors that first appeared in childhood are especially useful. List as many as you can:</p> <hr/> <hr/> <hr/> <hr/>

WORKOUT C: STROLLING ABOUT

MY FAVORITE WALKING WAYS
<p>Please write down three or more activities you enjoy that require walking:</p> <hr/> <hr/> <hr/> <hr/>

WORKOUT B: SLOW BURN

MY FAVORITE SLOW-BURN ACTIVITIES
Please write down three or more types of physical exercise you've enjoyed in your life or an activity you haven't tried that looks like it might be fun:

WORKOUT A: ALL-OUT EFFORT

MY FAVORITE ALL-OUT EFFORTS
Write down three or more ways you might enjoy an all-out exercise session:

“Choose New Moves” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll observe and record my favorite ways to fidget, stroll about, do mild formal exercise, and go physically all out.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

PACKING YOUR PARACHUTE PREPARATION CHECKLIST

EXERCISE: LIFE LAUNCH PREPARATION CHECKLIST

Cross out anything you won't need, then check off each item as you compile it. In addition to the items you've listed in the blanks above, you may need.....

- _____ Books, magazines, or other literature specifying your favorite healthy-eating diet
- _____ Membership with Jenny Craig, Weight Watchers, or other weight-loss programs
- _____ Information on diet classes, Overeaters Anonymous meetings, or other support people
- _____ Established relationship with coach, trainer, diet buddy, or other support people
- _____ Righteous food (whatever your diet requires) in appropriate quantities
- _____ Wicked food in profuse abundance (may be kept by a friend if necessary)
- _____ Books, articles, and Web site information describing your chosen exercise program
- _____ Exercise equipment
- _____ Workout clothing (get good shoes!)
- _____ Workout log (so you can fill out your 4-day wins)
- _____ Relationship with exercise buddy (set up appointment for exercise)
- _____ List of knowledgeable helpers you can turn to for fitness advice (doctors, trainers, dietitians, coaches, etc.)
- _____ Membership at a gym, dance studio, yoga center, or other exercise location

“Life Launch Prep Check” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll compile all the information, objects, and appointments necessary to start my new lifestyle, one in which I'll eat less, move more, and be so fit and healthy all will envy me to the limits of the galaxy.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

CREATING YOUR DAYMAP THE SECOND MOST IMPORTANT WEIGHT-LOSS SKILL IN THE HISTORY OF THE UNIVERSE

EXERCISE: MAKING A DAYMAP

You start making a daymap by writing down the place and time period you spent sleeping last night. At the top of a page use 12 o'clock position on the "clock face" of your circle. Then write your next location and activity, along with the duration of the activity going clockwise around the circle until you've accounted for a 24 hour day.

“Observing My Daymap” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll track my daily activities on a “daymap”, showing where I was at any given time of day, and what I was doing there. I'll devote particular attention to times and places where I ate and exercised, and how much sleep I got.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

“MOVE MORE” DAYMAP ADJUSTMENT EDGING INTO EXERCISE

EXERCISES: WORKING IN WORKING OUT

Exercise 1: Reframing your Workout as a Treat

Write down all the reasons you should move more in the spaces below.

10 reasons why I should take time to exercise:

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

10 reasons why I deserve time to exercise:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



9. _____

10. _____

Exercise 2: Committing to Your First “Move More” 4-Day Win

Find a place on your existing daymap where you might work 15 minutes of exercise. Then on your second “move more” 4-day win, add 5 minutes of exercise. Do not exceed this limit for 4 days. Then up the amount of exercise again, by 5 to 10 minutes.

“EDGING INTO EXERCISE” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll go to a place where I plan to exercise at approximately the same time every day. If I am excited about exercising, I'll do it. But I'll still get my 4-day reward for just showing up, or for a D-level workout like fidgeting, if I'm not frisky enough to do a lot of exercise.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills

“EATING” DAYMAP ADJUSTMENT FEEDING YOUR SOUL

EXERCISE: CHANGING YOUR EATING DAYMAP

- Review the 4-day win skills you've learned
- Then it's time to start changing your body's expectations about how much it will eat, and when.

STEP ONE: BEGIN CHANGING YOUR EATING DAYMAP BY SETTING A “CAROLIE CURFEW”

STEP TWO: PUT A LITTLE SIN WHERE YOUR EVENING SNACK HAS BEEN

STEP THREE: KEEP MOVING BACK YOUR CURFEW UNTIL IT'S AT LEAST 3 HOURS EARLIER THAN BEDTIME

“Food Curfew” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll set a curfew on food consumption-in other words, I won't eat after (your time goes here). I'll substitute inedible nourishers to replace the comfort I once got from eating at that time.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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I WILL FIGHT NO MORE (AND EAT A BIT LESS) FOREVER ACTUALLY LOSING WEIGHT

THE MOTHER OF ALL EXERCISES:

BACKING OFF THE CHUCKWAGON

STEP 1: NOTICE HOW MUCH FOOD YOU TYPICALLY EAT DURING AN AVERAGE DAY

STEP 2: REDUCE YOUR DAILY FOOD INTAKE BY ABOUT 100 CALORIES PER DAY

STEP 3: SUBSTITUTE INEDIBLE NOURISHERS (SIN) EVERY TIME YOU REDUCE YOUR FOOD INTAKE, AND AFTER EVERY MEAL OR SNACK

STEP 4: IF YOU'RE NOT LOSING WEIGHT, DROP YOUR FOOD INTAKE BY ABOUT ANOTHER 100 CALORIES PER DAY (AS CALCULATED BY YOU, YOUR DIETITIAN, A DIET BOOK, OR A WEIGHT LOSS COUNSELOR)

STEP 5: WATCH AND DEAL MENTALLY WITH ANY DEMONS THAT EMERGE INTO CONSCIOUSNESS, NOW THAT YOU'RE NOT USING FOOD AS A DRUG TO KEEP THEM REPRESSED

STEP 6: USE FLAVOR TRICKS TO LOWER YOUR HUNGER LEVEL (AND POSSIBLY YOUR FAT SET-POINT)

STEP 7: KEEP CUTTING BACK ON FOOD, GRADUALLY, 4 DAYS AT A TIME, UNTIL YOU NOTICE A CHANGE IN YOUR BODY

STEP 8: LINK FIVE 4-DAY WINS TOGETHER TO MAKE WEIGHT LOSS COMPLETELY HABITUAL

FINALLY: BE NICE TO YOURSELF

“I Will Eat a Bit Less Forever” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll slowly reduce the amount of food I eat, while increasing nonfood nourishment. I'll repeat this 4-day win until I reach a level that causes me to burn fat and drop pounds. I'll learn to recognize the feeling of “riding the edge” of hunger, and stay there while satisfying my emotional and physical needs for nonfood nourishment.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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“Trim Tab Adjustment” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll weigh myself every morning (except the morning after an A-level workout). If I've gained weight, I won't freak out; instead, I'll go to the place of Thinner Peace and make small, trim-tab changes in my eating and exercise patterns to correct course and drop extra fat before it's a major issue.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

If you're already on a weight-loss regimen, remember that the 4-day win will enhance it, not conflict with it. If you know what to do, this program will help you do what you know. Feel free to stay on any weight-loss program while you learn the 4-day win skills!

“Getting Back on the Horse Relapse and Recovery” “Back in the Saddle” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I'll go to my place of Thinner Peace and try to figure out what my relapse is trying to tell me about my life.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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DETERMINATION YIELDS DE-TERMINATION CELEBRATING FREEDOM

EXERCISE: CELEBRATION

Party of One

1. Get a bottle or glass of the purest, iciest, clearest water you can find.
2. Find a quiet spot where you can sit for at least 10 minutes without interruption
3. Consider your history
4. Consider the time in which you live.
5. Consider all you have overcome.
6. Consider all you have achieved.

“Celebration” 4-Day Win

Ridiculously Easy Daily Goal: *Each day for the next 4 days, I will take time to accept myself, my body, and my life as they are, and celebrate the progress I’ve made in self-understanding, recovery from the wounds of weight obsession, and experiencing Thinner Peace.*

Small Daily Reward: _____

Slightly Larger 4-Day Reward: _____

Dates of My Current 4-Day Win

Check Off Completed Days Here

Day 1: ____/____/____

Day 2: ____/____/____

Day 3: ____/____/____

Day 4: ____/____/____

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