

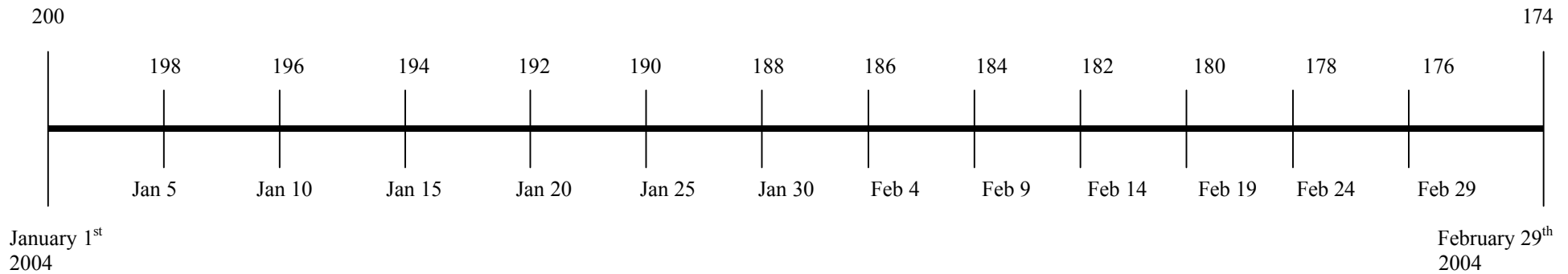
2004 Maximize your Metabolism - Time Line

www.MaximizeYourMetabolism.com

My Goal Statement/Commitment

The 2 long lines on the ends represent your **start date** and your **end date** – so if your start date is January 1st then write that near the first line, and if your deadline, or your end date, to reach your goal is February 29th of the same year, then write that date on the far end.

Each line in between represents an equal time segment in between your goal dates that you'll use to track your progress and confirm that you're on target. So assuming your goal dates are January 1st to February 29th and you start at a body weight of 200 pounds, and you want to lose 25 pounds (to be at or below 175) between those dates, then you'll probably want to lose about 2 pounds per segment. So write 12 equally spaced dates on the bottom of the chart and 12 equally spaced weights on the top of the chart (as you'll see, you cannot always be exact when estimating on this chart, but be as accurate as you can). So your chart may look something like this:



Now create your Metabolic Time Line
