The No BS Weightloss Program

Welcome Guide

Your 4-Week Plan and Helpful Tools for Weightloss
Welcome!

Welcome to PNPTribe. I am so thrilled you joined my program.

I’m sitting here thinking what do you need to know MORE than anything right now.

It’s these things…please read them and know they come from my heart.

1. You don’t have to believe you can do it right now. I believe in you. And, over time I will show you how to let go of fear and start believing in you. For now I want you to think, “I am learning how to be a whole new me…mind and body.”

2. This will not be easy. It’s not supposed to be and it’s no big deal that it will take work. You will learn all the things to lose weight you KNOW you can do the rest of your life.

3. You don’t have to feel like doing healthy things. So many times I used to think I had to feel like making a healthy choice or feel like workout. You don’t. I will teach you how to make a choice for yourself that in the moment you don’t feel like doing. That’s when you start truly changing your weight and your life.

4. Mistakes are meant to be MADE. You will never do this perfectly so right now decide that every mistake is your chance to start figuring out exactly what we can fix together.

Every video, book, and training plan I create comes from my heart. I teach you the things I did and know you need to experience the same success I have today.

Just so you know I am here 100% and here’s what you can expect.
This guide will walk you through the first 30 days. The first 30 days is about learning the foundations of my weightloss program - No BS Weightloss.

I will start you in a beginner Facebook group for 30 days. I want your first 30 days focused on YOU. I put my beginners together so you can keep your mind tailored to the things beginners want answers to. It's a lot easier to see what you need to see when everything is about what beginners are discussing.

The main PNPTribe Facebook group has all levels of women at various points in their journey - a couple months into their weightloss to nearing maintenance. It's also full of community, love, support and more. It will seem like a gift after 30 days. It's special and those ladies will welcome you like you no other.

I also assign two coaches, along with myself, to the beginner group so you can feel at ease that your questions will get answered. Any time you have a question please ask.

Each week in our beginner Facebook group we will focus on a key concept. My Facebook Lives will be tailored to these concepts. Know this…you will MISS things. And that's totally expected. I love to give as much help, content, and support as I can and I don't expect you to be see all of it. I repeat A LOT so if you don't see it the first time you will see it the next time.

Each time you check-in don't try to catch up with "everything." Read what you like, watch a video if you prefer to listen to me, or make a post asking whatever question you have.

To make things easy for everyone, I have created a 4 week plan. We will all start together just so we have a rhythm. You will get an email each week telling you what concept we are studying as a group in Facebook.

Good news though!
You can choose to do the program exactly as this book presents. OR, you can choose to go a bit slower. The good news is you can NEVER get behind. The assignments are all suggestions. But you know your life and your best learning style. Go slower if you need.

And, if you are just eager beaver and want to jam though program the first few days…get after it girl.

The program is all online in our private website PNPTribe.com. If you miss a few days the videos are there waiting for you to watch and the program will tell you exactly where you left off.

So, these first 30 days I want you focused on working through our No BS lessons in PNPTribe.com, checking in our group regularly for support, and at any time if you have questions on what to do next email me at corinne@phit-n-phat.com. I will make sure one of the coaches or myself get back to you.

You are 100% supported here.

After 30 days you will move to the PNPTribe home Facebook group, given a big sister to help you stay in your habits, and you will get our monthly weightloss program we do as a Tribe. I publish a monthly training plan for your mind and body every month.

I’m thrilled you are a Tribe member. Remember you can reach out to me at anytime. I am here for you.

Let’s do this!

Corinne
No BS Weight Loss Plan

How to Use This Guide

This guide is designed to thoroughly walk you through the PNPTribe No BS Weight Loss Program.

The video lessons located in the No BS Weightloss Program teach you WHAT you need to know about food, mind, and exercise.

The Getting Phat the Healthy Way book is your PNPTribe No BS Weightloss Manual. It includes…

- Sample meal plans
- Worksheets to help you understand your emotional eating and eating styles
- Detailed instruction on key concepts for those who like to read along with watch videos
- Healthy food lists

And much more. You will find it inside the No BS Weightloss Program. It will help me teach you all I want you to learn.

Please go faster or slower than the pace in this guide. I recommend two things:

- Ask questions in our Facebook Group. You should have the link in your email.

- FINISH the No BS Weight Loss Program BEFORE you try consume any other content in PNPTribe. I have AMAZING content and it will be waiting on after your first 30 days.
Overview

**Week One** is your QUICK START. Your focus this week is to learn and start using The Hunger Scale.

**Week Two** we dive into WHAT to eat. You will learn all about the foods that fuel your body, how to include treats, and discover the two ways people overeat.

**Week Three** we get into how to start a food journal, make your first meal plan and the basics of food prep.

**Week Four** we wrap up with exercise and how to make it a part of your lifestyle.

You will get an email each week reminding you about our topic. For my live trainings please see the PINNED POST located inside our Facebook Group. On your phone you will see at the top of the group newsfeed “View Pinned Post.” Check their or the events tab to find our Live Trainings.

All trainings are also stored in the “video” or “photo” section of the Facebook group. At the top of your mobile device you can find them by clicking on the i-button (information button). The i is circled.

**Worksheets**

Worksheets are located in the Getting Phat the Healthy Way book. You can do these worksheets to deepen your learning.

You can post a picture of your worksheet in our Facebook group tag any coach and get feedback and coaching. Often the worksheets UNLOCK emotional eating that has been stopping your weightloss for years!
Journaling

Once you go through the journaling lesson (week 2), you will COMMIT to writing down your food every day in the beginner group. It takes about 3-5 minutes of your day. You are worth the investment in time.

Facebook and Forums

As we have discussed, we have a closed Facebook Group for beginners to make that first 30 days SPECIAL. No one will see what you post EXCEPT for other members of the group.

We also have some private forums for PNPTribe members only on the PNPTribe.com website. Many members use the forums to post a personal journal where they can keep all of their work in PNPTribe in ONE place. I keep my personal journal there, too. I INVITE you to find my journal, read it, ask me questions, or just chat with me. Want to get to know me? It’s a great way to do that.

Trainings with Corinne

We use two formats: Zoom Calls and Facebook Live.

Zoom is a face-to-face or teleconference format. There is a link and phone number to attend our “call” each time sent to you in email and posted in Facebook.

You can talk directly to me. Not many programs offer direct coaching but I do! If your computer has a webcam then we can see each other. If not you can simply call in.
Facebook Live is always in our Facebook group. At the scheduled time be in our Facebook group and you will see me appear. I answer all questions and each one I train a new topic related to weight loss.

**All Zooms and FB Live trainings are recorded.** Use the instructions I described earlier to find them. And YES! You can watch them over and over to learn new things. That includes the No BS lessons. You’ll learn something new as your mind begins changing.
How to Structure Your Week

Many people ask me how I would structure my week to lose weight. This is it! Put these ON YOUR CALENDAR. What gets calendared gets DONE.

Friday
Weigh In (you get a reminder from us each Thursday afternoon)
Journal
Complete a Hello Scale worksheet (a copy is in this guide and you get one in email)

Saturday
Make your weekly plan/menu (use the PNP Weekly Planner in this guide)
Shop for food
Journal

Sunday
Food Prep
Journal and post your plan in your journal and in our Facebook group for accountability

Monday - Wednesday
Journal
Stay on top of any extra food prep/planning

Thursday
Journal
Finalize any joy you have planned for the weekend

I advise you to check-in Facebook/Forums regularly to ask questions, learn, and share.
No BS Weight Loss 4 Week Plan

## Week One: Quick Start - Get Control Now

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<th>WATCH</th>
<th>Weighing and Measuring</th>
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<td>Thought Downloads and The Model</td>
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<td>The Hunger Scale</td>
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<td>How to Make Mistakes Like a Boss</td>
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<th>DO</th>
<th>Join the Facebook Group (use link in your email)</th>
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<td>Collect initial weight and measurements</td>
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<td>Take before pictures (optional)</td>
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<td>Check Facebook Group Events Tab/Pinned Post for training this week with Corinne</td>
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<td>Print the Getting Phat the Healthy Way Manual</td>
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<th>WORKSHEETS AND RESOURCES</th>
<th>Hello Scale Worksheet</th>
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<td>Thought Download Worksheet</td>
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<td>The Hunger Scale Worksheet</td>
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<td>Meal Plans</td>
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<td>Suggested Meal Timing (optional)</td>
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Post in the Facebook Group any worksheets you choose to do if you would like feedback (take a picture and post).
## Week Two: Know What, When and Why You Eat

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<th>WATCH</th>
<th>Journaling Your Food</th>
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<td>Part One: Fuel and Joy Food</td>
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<td>Part Two: Fog and Storm Eating</td>
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<tr>
<th>DO</th>
<th>Start journaling daily for 30 days</th>
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<td>Weigh In</td>
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<td>Check-in Facebook Group</td>
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<th>WORKSHEETS AND RESOURCES</th>
<th>Fuel Foods Interview Worksheet</th>
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<td>Fog and Storm Eating Worksheet</td>
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<td>Emotional Vs. Physical Sensations Worksheet</td>
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<td>Good Better Best Worksheet</td>
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<td>What I Really Want Worksheet</td>
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<td>Journal Templates</td>
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<td>Journal Prompts</td>
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### Week Three: Plan Your Way to Goal Weight

**Meal Planning and Food Prep**

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<tr>
<th>WATCH</th>
<th>How to Use the PNP Planners</th>
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<td>How to Make a Weekly Meal Plan</td>
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<td>Food Prep Basics</td>
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<th>DO</th>
<th>Make your first meal plan</th>
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<td>Complete your first food prep</td>
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<td>Weigh In</td>
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<td>Check-in Facebook Group</td>
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<th>Good Better Best Worksheet</th>
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<td>PNP Planners</td>
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Post in the Facebook Group any worksheets you choose to do if you would like feedback (take a picture and post).
### Week Four: Making Exercise A Part of Your Lifestyle

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<th>WATCH</th>
<th>Getting Started with Exercise</th>
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<td>Beginner Exercise and Minimum Baselines</td>
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<td>DO</td>
<td>Weigh In</td>
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<td>Check-in Facebook Group</td>
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<td></td>
<td>Set your exercise minimum baseline</td>
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<td>Check Facebook Group Events Tab/Pinned Post for training this week with Corinne</td>
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<tr>
<td>WORKSHEETS AND RESOURCES</td>
<td>What is Your Relationship with Exercise Worksheet</td>
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<td>Overall Exercise Style Worksheet</td>
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<td>My Fitness Goal Worksheet</td>
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<td>Exercise Excuses Worksheet</td>
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<td>Beginner Exercise Video</td>
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Post in the Facebook Group any worksheets you choose to do if you would like feedback (take a picture and post).
Hello Scale Worksheet

Start Weight: ______________
Last Week’s Weight: ____________
Today’s Weight: ______________

How do I choose to feel about this number? (angry, happy, sad, neutral, etc.)

What do I believe this number means? (e.g. “I will be fat for the rest of my life.” “I’m working hard.” “It’s a long way to my goal.”)

Do I want to believe this? If not, what do I want to believe?

List 5 actions (positive or negative) that led to this result. (e.g. eat on the hunger scale, be willing to feel my feelings instead of eating, storm eats, skipped workouts)

1. 
2. 
3. 
4. 
5. 

What actions do you want to keep, start and/or stop that will lead to positive weight-loss results?

Keep:

Start:

Stop:
Thought Downloads and The Model

Write for 2-3 minutes uninterrupted and unedited about any topic. (See Journal Prompts in this guide if you are stuck on what to write about. Choose any question.)

Highlight the FACTS. No adjectives. Everyone in the WORLD would agree it is a fact and not your opinion.

The rest is your thoughts about the circumstances (facts).

Write ONE CIRCUMSTANCE (C):

Choose a ONE SENTENCE THOUGHT (T):

How does that chosen thought make you FEEL (F) when you think it (one word)?

When you feel ________________________ what ACTIONS (A) do you do or do not do?

When you do or do not do those things what RESULT do you get? The result will make your thought true.
Now let’s create an effective model. An effective model is where you take your same CIRCUMSTANCE (fact) and you decide how you want to THINK, FEEL and ACT.

Our circumstances do not need to change for our results and feelings to be different.

How do you want to FEEL about your circumstance? Pick one word that best describes how you want to feel.

When you feel that way what ACTIONS will you do or do not do based on that feeling?

And, if those actions happen what would your RESULT be?

In order to feel _____________________ I will need a new THOUGHT.

I CHOOSE to think about my circumstance….

Are you ready to think this new thought?

Why or why not?
To reinforce your work, write in your models here.

**My INEFFECTIVE MODEL**

C - _________________________________________________________________

T - _________________________________________________________________

F - _________________________________________________________________

A - _________________________________________________________________

R - _________________________________________________________________

**My EFFECTIVE MODEL**

C - _________________________________________________________________

T - _________________________________________________________________

F - _________________________________________________________________

A - _________________________________________________________________

R - _________________________________________________________________
Journal Templates

Simply pick one of the following formats that will make journaling EASY for you to do every day. Feel free to change, delete, or add questions.

Option 1:

General Day

What happened today?

What were my biggest wins from today?

What lessons did I learn that I don’t want to forget?

Gratitude

What am I thankful for right now?

How am I feeling right now?

Food

What did I eat today (including hunger scale)?

What stood out to me in my food?

What are my plans for tomorrow?
Option 2:

My Overall Day

On a scale of 1-10 I give today a ________. Because....

My Weight Loss Day

On a scale of 1-10 I give today a ________. Because...

Food

Today I ate...

I did or did not eat 2-2? Explain if you did not.

I only had fuel or planned joy food today. Explain if you did not.

General Thoughts

If you have anything you want to add do that here.
Journal Prompts

Ever think, “I have nothing to say.” Or, “I just don’t know what to write.”

This list gives you things to write about. There are times when we don’t have something “earth shattering” to share but we want to write. I use those times to dig around in my head with questions I wouldn’t normally answer.

Just pick one and use it as a way to get used to writing or spark creativity!

When I feel overwhelmed I think…
When I overeat I want…
When I overeat I wish…
I give myself permission to…
This makes me happy every day…
I’m afraid to do this… because of the criticism I might receive.
I wish I understood why I…
I wish so much for…
My ideal day looks like… I can make my days look like this by…
Am I following my plan? Why or why not?
One of my deepest fears is…
What is standing in my way to lose weight?
What actions can I take today/tomorrow toward my weight loss goal?
I am most successful losing weight when I am…
These words make me feel better about my body…
Self-acceptance means to me…
Self-care means to me…
I’m having a hard time accepting that…
Did I only eat when physically hungry today? If yes, what made that happen. If no, what needs to change tomorrow?
Loving my body looks like this every day…
Loving myself looks like this every day…
Today, I am determined to…
When I lose my weight the things in life that won’t change are…
When I lose my weight my life will be different in these ways…
How will what I did today set me up for success tomorrow?