

TOOLKIT

This **Toolkit** is a free supplement
to the book titled
The Key to Weight Success
and also a supplement to other
subsequent Weight Success Method
books written by John Correll.

Version 2 – 8/2024

To obtain the book titled *The Key to Weight Success*, go to a bookstore or to
amazon.com. <http://amazon.com/dp/193800194X>

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The name Weight Success Method is a trademarked name applied by Correll Consulting, LLC to the weight management method described in the book *The Key to Weight Success* and perhaps in other weight management books by John Correll

Version 2 – 8/2024

Progress-recording Tools

Weight Success Actions Scorecard™ ~ Win-Day Calendar™ ~ Weight-reduction Success Graph™

ONE OF THE keys to succeeding at important pursuits and achieving important goals is to recognize daily progress. To do this it helps to *measure and record* progress on a daily basis. This Toolkit provides three optional tools you can use for accomplishing that: the Weight Success Actions Scorecard (below), the Win-Day

Calendar (p. 5), and the Weight-reduction Success Graph (p. 7). The Scorecard and the Calendar can be used in both weight maintenance pursuit and weight reduction pursuit. The Weight-reduction Success Graph is designed for use mainly in weight reduction pursuit. We'll examine each.

Weight Success Actions Scorecard

ARE YOU ONE who likes keeping score? Many persons enjoy recording their activities and breaking personal-best records. If you happen to be such a person, this optional tool is for you. To help you “score” your daily weight-success-creating actions and accomplishments I’ve created the *Weight Success Actions Scorecard* (shown on next page). If you like, make copies of it for your personal use. It’s designed to record up to fourteen days.

You’ll note that with the Scorecard you can score daily points for doing the five Daily Actions of the Weight Success Method, described in the book’s Chapter 3 (Weight Success Method), and

also for doing the optional actions described in the book’s Chapter 18 (Six More Mind Motivators).

You’ll also note that higher daily point total indicates greater activity; lower total indicates lesser activity. This enables you to compare one day to another. So, if you like, you can track your daily weight-success-creating actions and achievements.

NOTE: The point amounts were arbitrarily set by the writer. They don’t correlate with any scientific study. If you disagree with the point amounts shown in the Scorecard, just change them to whatever you feel best fits your situation.

Weight Success Actions Scorecard™ | Daily Point Calculator

DATE→															
FIVE DAILY ACTIONS of the Weight Success Method (described in Ch. 3)															
Did Daily Action 1–Weighing 50 pts.															
Got a Desired Weight Reading 100 pts.															
Did Daily Action 2A–Reinforcement or Daily Action 2B–Correction 50 pts.															
Did Daily Action 3–Benefits Directive 50 pts.															
Did Daily Action 4–Goal Statement 50 pts.															
Did extra Goal Statement iterations for Daily Action 4 Score 1 point for each one over 25															
Did Daily Action 5–Guided Eating 50 pts.															
(A) TOTAL POINTS for doing Daily Actions															
OPTIONAL ACTIONS (described in the Backup Resource chapters)															
Did my daily exercise (Ch. 20) 100 pts.															
Did at least 3 of the 8 eating actions described in Ch. 17 30 pts.															
Did Motivator 2 described in Ch. 18 Score 1 point per iteration															
Did Motivator 3 described in Ch. 18 30 pts.															
Did Motivator 4 described in Ch. 18 30 pts.															
Did Motivator 5 described in Ch. 18 30 pts.															
Did Motivator 6 described in Ch. 18 30 pts.															
Applied my preferred dietary program (or did right eating) for the entire day 100 pts.															
Thanked God for the opportunity to be alive & the power to live in my healthy-weight range 100 pts.															
Did the setback-reversal process, if needed, described in Ch. 15 100 pts.															
(B) TOTAL POINTS for doing Optional Actions															
GRAND TOTAL POINTS for the Day (A + B)															

INSTRUCTIONS: In the line near the top, put the date of the day being scored. In the boxes beneath that date, insert the number of points you achieved from doing each of the Actions (both Daily Actions and Optional Actions). Then add up the TOTAL points for the Daily Actions (A) and the TOTAL points for the Optional Actions (B). Finally, add those two totals together for the GRAND TOTAL number of points you achieved for the day.

Win-Day Calendar

GET A CALENDAR that shows individual days for each month, the kind you can hang on a wall or set up on a desk or dresser. Put it where you'll see it each day.

For each day that your daily weight reading is a *desired* reading, write a big "W" in that day. The "W" stands for **WIN** or **Winning Day**. It indicates that you were a healthy-weight Winner on that particular day.

And, each week that you score at least six "W's" you can call that a healthy-weight success week. And, each month that you score at least

four healthy-weight success weeks you can call that a healthy-weight success month.

Challenge yourself to see how long a string of "W's" you can get. Pretty soon you'll be filling an entire month with "W's". And eventually you'll be having strings of months with all "W's".

And remember, each day that you write that "W" on the calendar, generate a happy, positive feeling. It means, you're a WINNER — specifically, a Healthy-weight Winner (a.k.a. Weight Success Winner). Being a Healthy-weight Winner on any particular day is a *noteworthy* accomplishment. Feel *good* about it — each day.

SUN	MON	TUE	WED	THU	FRI	SAT
1 W	2 W	3 W	4 W	5 W	6 W	7 W
8 W	9 W	10 W	11 W	12	13	14
15	16	17	18	19	20	21

Note: The above graphic was designed to illustrate the W's, which is why there's only a partial month shown.

Also, if you like, record your daily weight number (from Daily Action 1) on the calendar. Write it in the lower right corner of the square for each day.

Making Your Own Calendar

In case you might prefer to make your own calendar instead of buying one, on the next page

is a blank calendar sheet you can use for any month. Print copies of it for your use. For each month, fill in the appropriate squares with the appropriate date number for each day. Put the date in the upper left corner of the square.

Then use the sheet to record your winning days with a "W."

Win-Day Calendar™

Month of:

Year:

SUN	MON	TUE	WED	THU	FRI	SAT

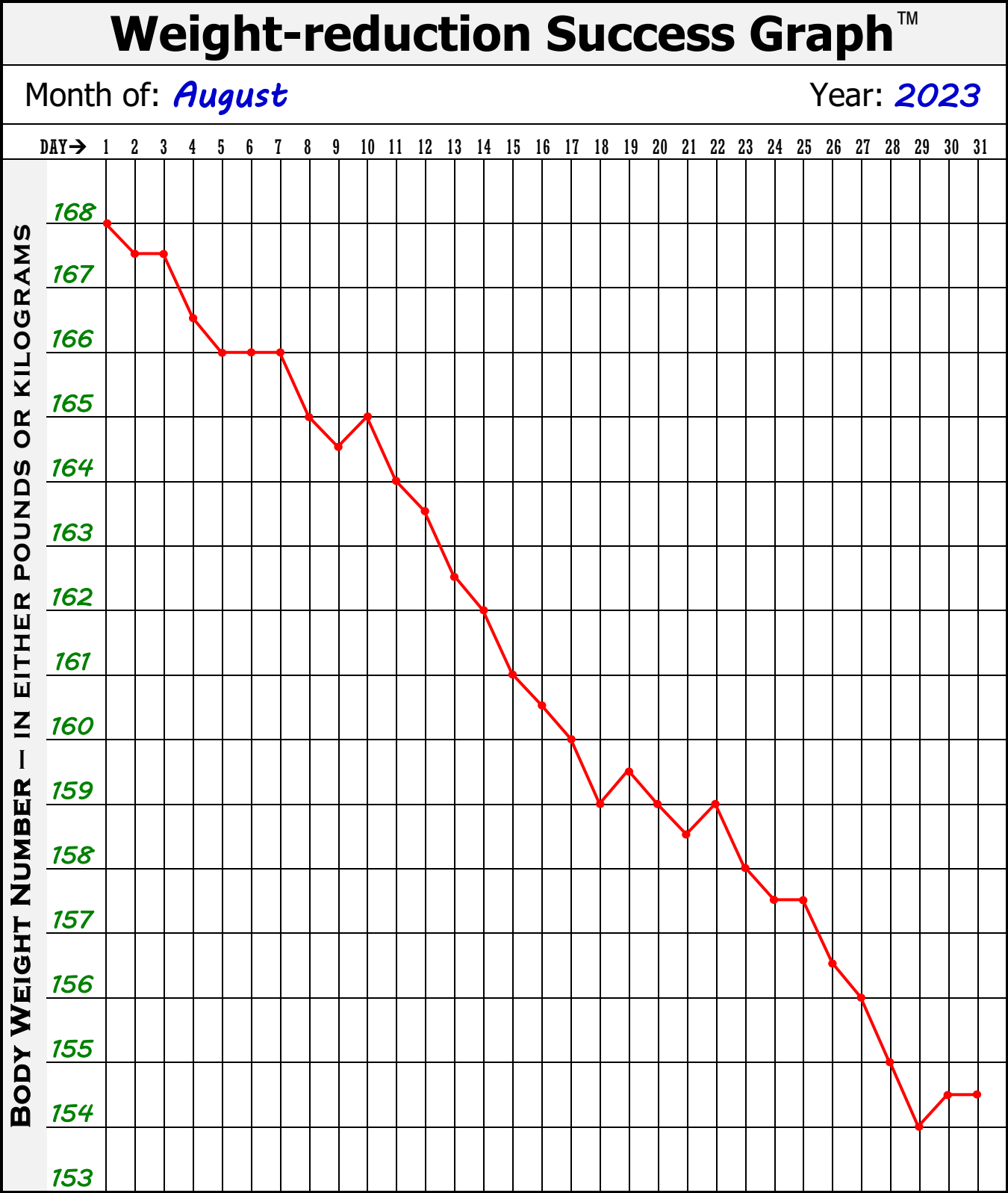
INSTRUCTIONS: Fill in the month and year in the line at the top. In the upper left corner of each day box that pertains to that particular month, write in the date of that day. Each day that your daily weight reading is a *desired* reading, write a big "W" in the box. Also, if you like, write in the scale weight reading you got for that day (suggested that you put it in the lower right corner of the box).

Weight-reduction Success Graph

Weight-reduction Success Graph™																															
Month of:																Year:															
DAY→	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
BODY WEIGHT NUMBER – IN EITHER POUNDS OR KILOGRAMS																															

INSTRUCTIONS: If you happen to presently be in weight-reduction mode, make copies of this graph to record your daily progress. For each month, put your projected declining weight numbers along the left side of the graph. Fill in the month and year at the top. (Example shown on next page.)

This example of the Weight-reduction Success Graph is set up to illustrate how it would work. It's filled in with example pound weight numbers (green) and month/year text (blue) and an example graph line showing a person's body weight for 31 days of that month (red).



NOTE: If you weigh in kilograms (as opposed to pounds), it's recommended that your weight numbers (along the left side of the graph) be in half-kilogram increments. So, for example, if your present weight were, say, 76 kilograms, the declining weight increments would be: 76, 75.5, 75, 74.5, 74, 73.5, 73 ... and so on. If a day's weight turns out to be half way between two weight numbers, then position the red dot for that day half way between the two numbers (as done for some days in the above graph).

NOTE: The above red weight line is a steep line for illustration purposes.. Your daily weight loss might be much less. Also if you like, for a steeper red line, label the lines in half-pound increments — for example, 168, 167.5, 167, 166.5, 166, 165.5 and so on.

Setting Up a Fail-proof Reminder System

Many people fail to achieve healthy-weight living not because they don't know what to do and not because they don't want to do it but, rather, because they *forget* to do it.

SINCE EATING is a daily activity it means that achieving Right Eating and healthy-weight living must also be a *daily* activity. The easiest, most effective daily activity for achieving healthy-weight living is doing the five Daily Actions of the Weight Success Method each day (described in Chapter 3 of the book and perhaps in other Weight Success Method books by Fulfillment Press).

I know this might sound unbelievable, but a main thing that will stop you from realizing lifelong healthy-weight living (a.k.a. Lifelong Weight Success) is failing to remember to do all five Daily Actions every day. So, I suggest you set up a fail-proof reminder mechanism that will remind you each day to do these five actions. Here's a sample way to do it.

Print out one or more copies of the rectangle-enclosed messages that are *on the next page*. If you need different sizes than these, just put a

copy on a copier machine, enlarge or reduce the image to suit your needs, and then print it.

Place copies where you'll see them every day. Possibilities include: (a) in your bedroom, (b) on the refrigerator, (c) in your wallet or purse, (d) in your car, (e) on your computer, and (f) on your exercise equipment.

Plus, also put digital messages on your computer screen, smartphone, and other devices you access every day. For that, perhaps this might help:

<http://correllconcepts.com/wfm-jpg.htm>

Or, use your creativity to somehow insert reminder messages into your digital devices.

In short, do whatever it takes to set up a fail-proof reminder system that will remind you each day to do the five Daily Actions of the Weight Success Method. Installing a daily reminder mechanism is a vital key to more easily living the rest of your life in your healthy-weight range.

5 Essential Daily Actions

Do them **every** day. Takes less than eight minutes.

- 1 – Weighing
 - 2 – Reinforcement or Correction
 - 3 – Benefits Directive
 - 4 – Goal Statement
 - 5 – Guided Eating
- (plus Daily Exercise Activity when possible)

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Some Possibly Handy Reminder Infographics

These are provided in case you might be able to put them to good use. Print them out, then cut out the one(s) you want to use for your personal use. (Note: these are not provided for any use other than your *personal* use.)

OVERPERFORMANCE OF
-**I**-**S**
 (Open-Insert-Swallow)
 is the REAL Cause of Overweightness



The Key to Weight Success is:
 Do a set of daily weight-success-creating actions **every** day.



The Key to Weight Success is:
 Do a set of daily weight-success-creating actions **every** day.

3-STEP PROCESS TO WEIGHT SUCCESS

Step 1: DECISION — Decide that you're going to live the rest of your life in your desired healthy-weight range.

Step 2: PROGRAM — Select, or create, a weight success program that you believe will be most effective in creating weight success for *you*.

Step 3: DAILY ACTIONS — Do the program's prescribed actions, including doing a set of daily weight-success-creating actions **every** day. (This step enacts the Key to Weight Success.)

A set of daily weight-success-creating actions is: a set of actions that creates and sustains weight success. (An example is the five Daily Actions, in Ch. 3).

Weight success is: Living most or all of one's days in one's desired healthy-weight range and deriving benefit from it.





Goal+Means+Action=WEIGHT SUCCESS™

WEIGHT SUCCESS = Living most or all of one's days
 in one's desired healthy-weight range AND
 deriving benefits, enjoyment, and
 fulfillment from it.

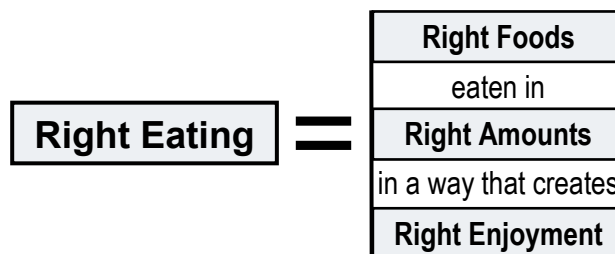
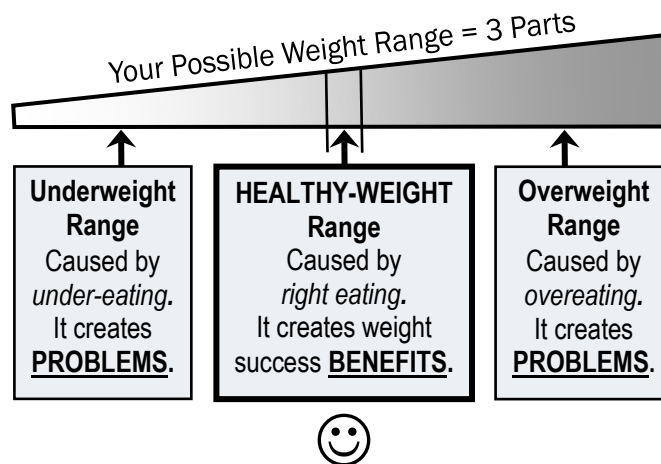


Chart for Comparing Attributes of Weight Management Programs

To assist you with selecting the weight management program that's most effective for *you*, use this Chart (two pages long) for comparing the attributes of various programs. It lists 24 possible attributes. (Of course, the Weight Success Method is included because the creator of this chart also happens to be the creator of the Weight Success Method.)

24 Possible Ideal Attributes of a Weight Management Program	Weight Success Method 1	Other Program 2	Other Program 3
Attribute 1 – Promotes the KEY TO WEIGHT SUCCESS: Provides a prescribed set of daily weight-success-creating actions for doing <u>every</u> day.	Does This		
Attribute 2 – Creates PROGRESS DRIVERS: Installs into a person's weight success journey certain vital conditions that promote success in that journey.	Does This (see Ch.4)		
Attribute 3 – Creates WHOLE-MIND INVOLVEMENT: Helps a person use their whole mind (conscious and subconscious) in their weight success journey.	Does This (see Ch. 23)		
Attribute 4 – Provides DAILY FEEDBACK: Includes a way to measure <u>daily</u> weight success performance.	Does This (Daily Action 1)		
Attribute 5 – Is TIME EFFICIENT: Can be performed in a decent amount of daily time.	Typically takes less than 8 minutes per day		
Attribute 6 – Is EASY: No hard work or deep thought needed. Involves simple daily actions anyone can do.	Does This		
Attribute 7 – Is ENJOYABLE: No pain, stress, or inconvenience — involves activities most persons find enjoyable.	Does This (see Ch. 22)		
Attribute 8 – Is ECONOMICAL: Fits the budget of ordinary folks.	Cost-free (except may need to buy a scale)		
Attribute 9 – Is HEALTHY (or at least not <u>un</u>healthy): No radical less-than-fully-healthy eating regimen required. You pursue a dietary program that's healthiest for you.	Does This		
Attribute 10 – Is SAFE: Doesn't require possibly-risky weird foods or procedures.	Does This		
Attribute 11 – Is FLEXIBLE: Can be configured to fit one's daily schedule or lifestyle.	Does This		
Attribute 12 – Is FOCUSED: Is built on core concepts anyone can remember.	Does This		
Attribute 13 – Is COMBINABLE: There's no requirement to adhere to a single methodology or dietary approach. Can be combined with almost any other bona fide weight success program <u>and</u> can be combined with almost any bona fide dietary program of one's choice, including a program of one's own design.	Can be done in combination with other weight management programs and also with any bona fide dietary program of one's choice		

24 Possible Ideal Attributes of a Weight Management Program	Weight Success Method 1	Other Program 2	Other Program 3
Attribute 14 – Is CUSTOMIZABLE: Doesn't take a "do it only this way" approach. Includes specific procedures but many are customizable, should one want to tweak any for a perfect personal fit.	Can be customized to sync with one's personal needs and lifestyle		
Attribute 15 – Is DUAL-FUNCTION: Is specially designed to create both (a) change achievement needed for achieving weight reduction and (b) maintenance achievement needed for achieving lifelong healthy-weight living.	Does This (see Ch. 27)		
Attribute 16 – Is SETBACK RESOLVING: Contains a procedure for converting a problem or setback into a progress action.	Does This (see Ch. 15)		
Attribute 17 – Is MINDSET ENHANCING: Helps a person to build a healthy-weight-promoting mindset.	Does This (see Ch. 8)		
Attribute 18 – Is LIFE JOURNEY ENHANCING: Using the program expands basic elements of human flourishing: such as (1) positive emotions, (2) engagement (a.k.a. flow), (3) positive relationships, (4) meaning, and (5) accomplishment.	Does This (see Ch. 26)		
Attribute 19 – ADVANCED DEVELOPMENT: Provides a way for those seeking more in-depth knowledge and procedures to get it.	Does This – See Ch. 18 and Ch. 19		
Attribute 20 – Promotes GUIDED EATING: Provides a specific effective method for accomplishing it.	Does This (in Daily Action 5)		
Attribute 21 – Provides a DIETARY PROGRAM: Offers participants a specific dietary plan.	Does <u>not</u> do this		
Attribute 22 – Provides SPECIAL FOODS: Provides purchasable food items for doing the program's dietary plan.	Does <u>not</u> do this		
Attribute 23 – Provides HUMAN INTERACTION: Provides opportunity for guidance and motivation from interaction with a counselor and/or other participants in the program.	Does <u>not</u> do this		
Attribute 24 – Is PROVEN: Has been proved to work, preferably through verification by scientific methodology. But, lacking that, has been proved to work by the creator of the program.	Proven to work by the program creator, but not yet by scientific method		
Attribute 25 – Other Attribute(s) not listed above:	None yet		

Thank You, Keep It Up Message

ONE OF THE most powerful forms of reinforcement is sincere appreciation and praise. So, each day after your daily weighing, when you've discovered once again that you're living another day in your healthy-weight range, give your mind — that is, your self — praise and appreciation. Tell it you're super happy over the desired weight reading, and that you want it to keep up the good work. And, when delivering this self-communication, do it with exuberance and joy. In short, use your daily weighing each morning as a springboard for creating daily pride, happiness, and inspiration. It's a great way to start a day.

To make it easy for you, following is a recommended message you can use for your self-reinforcement (the italic paragraph coming up). We call it the *Thank You, Keep It Up* message. For the blank line, insert one of these two phrases, whichever applies:

continue living in my healthy-weight range

— OR —

lose more weight.

Insert the first phrase when you're in weight maintenance pursuit, the second one when in weight reduction pursuit. You deliver the message by speaking either in regular-volume voice or in a whisper — your choice.

Thank you, thank you, thank you, subconscious mind! Thank you for guiding me to _____.

*I really, truly appreciate you doing this. Keep it up. Keep on creating daily thoughts and feelings that guide me to consuming the **types** of food and the **amount** of food that results in me living each day of the rest of my life in my healthy-weight range.*

I very much want you to do this. And, I believe one hundred percent that you will do it. Great work, subconscious mind! Keep it up. Thank you, thank you, thank you!

The above Thank-you, Keep It Up message includes the phrase “subconscious mind.” It's there to ensure that your subconscious mind focuses on what you're saying, so that it will “hear” the message and then *do it*.

A main driver of successful healthy-weight living is having your whole mind — that is, both

conscious and subconscious mind — involved each day in the pursuit of healthy-weight living. One of the most effective ways of getting one's subconscious mind involved is direct communication — that is, directly communicating requests, directives, depiction statements, and *thank-you, keep it up messages* to it.

Weight Success Benefits Directive

INSTRUCTIONS: Use this Directive for Daily Action 3. • Where there’s a dotted line (.....), say the name you use when speaking of or to your subconscious mind. • Read this directive aloud and say it with some emotional intensity. (Reading aloud is best, but when you can’t do that, whisper it to yourself.) When reading it, **strongly desire** for the actions it describes to be realized. And, **hold the belief** and act as-if what’s described in this statement is *in the process of happening*. After reading the list of weight success benefits, for at least 30 seconds **visualize** at least one of the benefits as an accomplished fact. As you go through the day, *continue* believing and acting as-if what’s described in this directive is in the process of happening. • For set-up, insert your healthy-weight range and preferred dietary program into the blanks. For the “pounds–kilos” phrase, draw a line through the word that doesn’t apply. List your weight success benefits on the lines provided. Hint: Use pencil, not pen. Or, type it up and tape it in. (For more, see the *Instructions for Weight Success Benefits Directive* in the book.) • If you’d like to have this Directive on a single 8.5 x 11-inch sheet, just print this out as a 2-sided copy.

* * *

....., today and *every* day do these five very important actions.

- 1 – Guide me to *easily* living in my **healthy-weight range**, which right now is _____ to _____ pounds–kilos.
- 2 – Guide me to *fully* doing my **preferred dietary program**, which right now is the _____ program.
- 3 – When I say my Healthy-weight Goal Statement while eating, automatically create thoughts and feelings that guide me to Right Eating, that guide me to eating the **types** of food and the **amount** of food that results in me living in my healthy-weight range.
- 4 – Whenever I make a decision to stop eating, make the urge to eat *immediately* begin to fade away for that eating session.
- 5 – Whenever I say my Healthy-weight Goal Statement, bring to mind a thought of at least one of my weight success benefits. And, then, create within me a *happy, positive feeling*.

The Weight Success Benefits I gain from living in my healthy-weight range include:

- 1. A greater chance of *living healthier longer* — or greater chance of living free of debilitating accidents, illnesses, diseases, and bodily malfunction.
- _____
- _____
- _____
- _____
- _____
- _____

....., please do *everything you can* to assist me in creating lifelong healthy-weight living in a positive, pleasurable way. This benefits me *greatly*. I realize you're now doing it, and I thank you for it.

* * *

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Some Other Good Books by John Correll

Each of these books can be obtained through [amazon.com](https://www.amazon.com)

