

Starting The New Year Off On The Right Path

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Whatever disappointing events happened to you health wise in 2011 is behind you now. Let's look ahead to 2012. First we need to set our wellness goals. Goals could be in the form of weight you want to lose, inches you want to trim or habits you want to change. Goals can be a combination of these, all of these or something completely different.

I find that once I outline my goals, it is easier to break them down into smaller components and create a plan to accomplish the goals. I find that breaking my goals down into 13 week segments works best for me. Longer than that and I find I lose focus and shorter goals leave me feeling like i didn't really get into it.

All my goals have three major components. They have an eating plan, an exercise plan and a monitoring plan. The monitoring plan includes critical measurements such as waist, chest and biceps. It also includes weekly weigh ins (once a week at the same time and on the same day) and keeping a food log, an exercise/activity log and sleeping and bathroom habits. Also important is how I feel each day (sluggish, hyper, tired, sore hungry etc.) This is all very important information because it allows you to see what effects different foods and/ or exercises have on your progress and your moods.

I find that if I create a plan that I am comfortable with and that allows me to stay totally focused and totally committed and in tune to what is happening to me, I have the best chance of being successful with my 13 week plan. I have to like the food I'm eating and not feel like I am depriving myself, I have to feel challenged by my exercise and activities and I have to feel well-fed, energetic, and well rested.

As we move into January, I intend to post my eating plan and my exercise plan for the first 13 weeks. I may also periodically share the log book/journal that I keep so that you can see the type of information that I consider important and which will give you some guidance in creating your own journal using some of my ideas. Remember, I have been at this for almost 11 years and have made a lot of adjustments along the way. You will probably not get it "right" the first time either and will need to make changes.

I invite comments and the sharing of ideas. Let's hear from you.

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