

HOW TO LOSE WEIGHT FOR THE LAST TIME

The Scientific Method of Weight Loss

What most of us do when we're trying to lose weight is pick a diet, follow it for a while, and then start doubting it will work and drop it or change it completely. We often make emotional rather than rational decisions.

Instead, we can use the scientific method to make logical, objective decisions about what to do next. The "scientific method" is a well-respected way of conducting experiments. It involves developing a hypothesis, collecting data, and then analyzing the results.

When it comes to weight loss, this is the process:

STEP 1: DEFINE THE EXPERIMENT	Set a goal with a specific timeline. Ex: weigh 150lbs by June 1st.
STEP 2: ASK YOURSELF QUESTIONS	<ul style="list-style-type: none">• Why do I want to achieve this goal?• What do I need to do to achieve this?• Am I willing to do what it takes?• Is this probable/realistic?• Am I committed to achieving this?• What are the obstacles and their solutions?
STEP 3: CONSTRUCT YOUR PLAN	<ul style="list-style-type: none">• Create your protocol.• How will I set myself up for success?• What will I do when it gets hard?• What will I do when I fail to follow my plan?• How will I manage/allow urges?
STEP 4: TEST OUT YOUR PLAN	Follow your plan 100 percent for three weeks. No deviations.
STEP 5: EVALUATE YOUR PROGRESS AND DRAW CONCLUSIONS	<ul style="list-style-type: none">• After three weeks, are you on track to meet your goal? Are you making good progress?• What worked?• What didn't work?• What can you do better and how will you improve? Revise your plan as needed.
REPEAT STEPS 4 AND 5	Follow the revised plan without exception for another three weeks, then evaluate again. Repeat as many times as needed until you reach your goal.