

My DIET-Try Report

A DIET Catalyst report

Designed Exclusively for:

Kevin Sample

July 3, 2013

DIET-Tri™ Personal Success Statement for Kevin:

- The manner in which I approach my DIET is creative and interactive.
- I am motivated to succeed by continuous learning and maintaining resources.
- My social environment for success should be people-oriented and fast moving.





Welcome to your personalized DIETtrifecta report!

We have only one goal in mind at DIETtrifecta, LLC: to provide you with the tools to put you on the right path to weight loss success. How, you ask? We think it's pretty simple.

In this report – we customize a weight-loss coaching strategy that helps you identify:

- DIET behavioral traits and land-mines to avoid
- Motivation insights and how to stay on track
- The climate or culture in which you'll get your best results
- And many additional insights for success with any weight loss program you choose.

So let's get started and learn more about how YOU can make your weight loss program the best for YOU!!

Disclaimer: Consult your physician or healthcare practitioner before beginning this or any other weight loss or physical activity program.

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Introduction

DIETtrifecta™ – A portion-controlled 8oz Recipe for Success

1 oz History – The DIETtrifecta concept began in 1983-84 under the name of “Weight Management Lifestyle Inventory.” It was a paper-based instrument and booklet used in a wellness-oriented medical practice with clients who wanted to lose weight. Success rate was excellent. After continuous research into human behavior and motivation, we’ve updated the instrument, report options, and brought it into the 21st Century.

2 oz What’s in it for you – We each have unique interests, talents, behavioral styles, and motivators that work as a constellation of strengths and leads each of us to make choices about education, careers, mates, travel, etc. This unique blend of who we are also applies to weight loss programs. One weight loss program would fit all people, if we were clones one from another. Therefore, we put up with generic programs in a one-size-fits-all methodology, and many of us fail to reach our goals. That’s why this model was developed.

2 oz What it does – The model is based on sound principles of behavior and motivation, and provides keys to success with any weight loss program by providing you with the behavioral, motivational, and social environment necessary to maximize your success. This is the first time that a unique report like this is offered anywhere. You will receive tips, ideas, and coaching through the report to maximize three aspects that are usually ignored in a weight loss program. Here’s the DIETtrifecta in a one-serving scoop:

- We will define the four different types of dieters’ behavioral styles, and illuminate yours. You’ll be given keys to success and stumbling blocks to avoid.
- What specifically motivates you related to your diet program is reviewed in detail to key you optimally motivated even through some of the slow periods of anyone’ diet.
- The social culture around us is also a key to our success. Sometimes it’s our family, and other times we need to look elsewhere. Your report will let you know what to look for, so that you know when you’ve found it.

1 oz What it doesn’t do – This DIETtrifecta report will not recommend specific diet programs or products. Why? Because these are personal, individual choices to be made between you and your health care professional. We do not advertise for weight loss products, nor do we sell weight loss products. We are here to provide you with the behavioral, motivational, and social / cultural tools to increase your success.

2 oz Recipe for getting the most from this report – Losing weight can be summed up very simply: Consume fewer calories than you burn on a daily basis, and increase your activity level. That’s it. Very simple. And as soon as we get beyond ‘Rule #1,’ things become very complex. We become impatient with the diet or with ourselves, or we become discouraged with our lack of progress, or we go out to eat and are suddenly off our diet, or many other external events get in the way and block our well-meaning pathway to success. You can get the most out of this report by first using the tools and techniques that are easiest for you to apply. Very shortly after that, you can add additional tools and techniques, step by step to win the DIETtrifecta!





The DIET types –Behaviors – Your “How”

DIET-Tri™ Personal Success Statement #1 for Kevin:

- The manner in which I approach my DIET is creative and interactive.

Your success statement #1 is derived from a combination of these four types of dieters:

D – Decisive Dieter - Wants to go to bed tonight and wake up tomorrow morning 18 pounds lighter. Jumps from diet to diet when no results are seen in 24 to 48 hours.

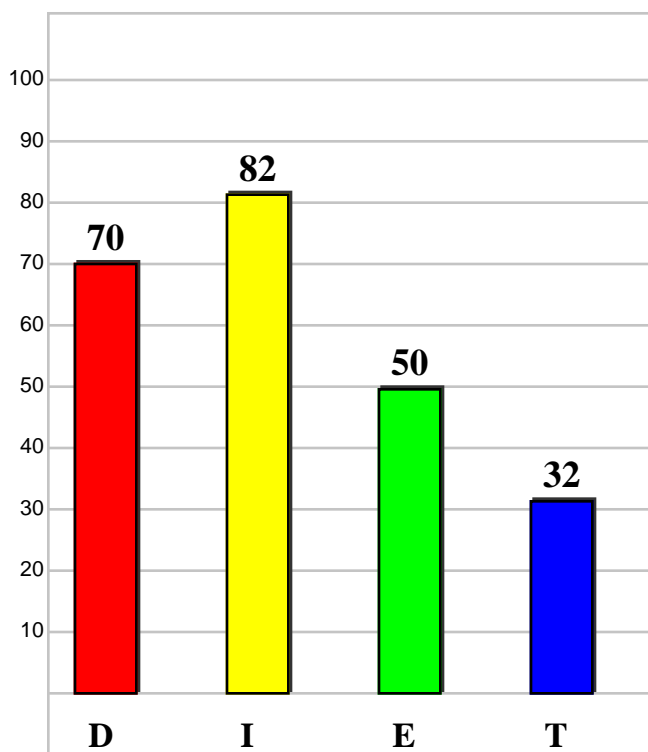
I – Interactive Dieter - Succeeds when dieting is a social event and can diet with a friend or a group of people. Fair-weather dieter who will go on an emergency diet when there’s an important social event coming up.

E – Easy-Going Dieter - Patiently gained weight over some months or years and will patiently work to take it off. Willing to chart and graph their progress, and work toward the goal, with no fads.

T – Thorough Dieter - Has greater self-control than many others and may be more willing to stick to a diet protocol that they have confidence in. Wants a high quality program that they can trust.

A brief illustration and description of your unique DIET combination:

Your D.I.E.T.



HOW you go about dieting:

High D – Dominant, decisive, directive dieter. Wants to go to bed tonight and wake up 18 pounds lighter. May jump impatiently from one diet to another.

High I – A social, outgoing, gregarious dieter. Likes to be around people, and may like to diet with a friend, or at least talk about it at parties.

Low E – Flexible, active, spontaneous type of dieter who values freedom of expression likes to change it up a bit, just to make changes.

Low T – Operates independently from the rules. ‘Rules are meant to be bent.’ Changes things on demand of the situation. The right way is my way.





The TRIBE types – Motivators and Drives – Your “Why”

DIET-Tri™ Personal Success Statement #2 for Kevin:

- I am motivated to succeed by continuous learning and maintaining resources.

Your success statement #2 is derived from a combination of these five ways by which you are driven and motivated to diet:

T – True-Blue – Driven by a desire to help people. This person is generous in sharing their time, talent, and energy with others; shows genuine concern for others, and is a willing teacher and coach. Sometimes gives too much away.

R – Regulatory – A high degree of respect for rules, regulations, procedures, and tradition. Well-disciplined, will succeed once they investigate the ins and outs of a weight loss program, then choose to follow the steps.

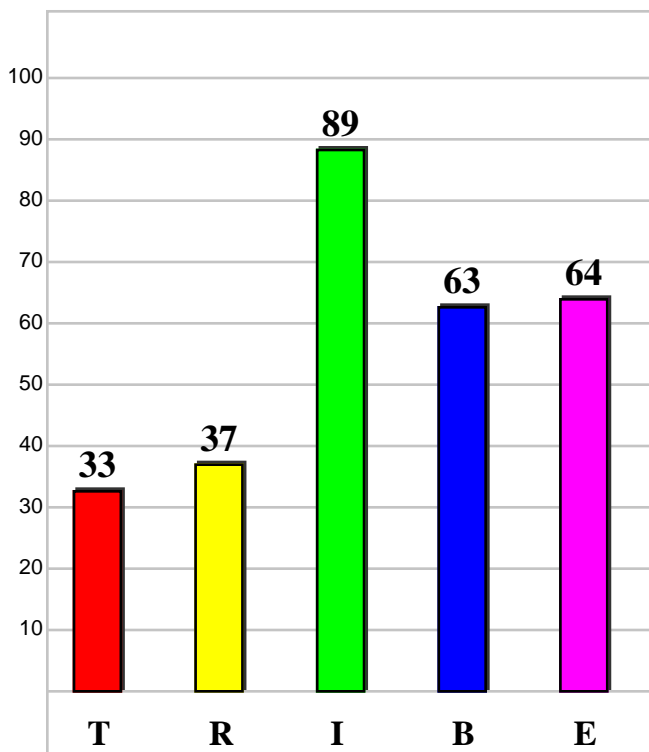
I – Information – Shows a high degree of curiosity in a variety of areas. Enjoys learning for learning’s sake. High appetite for knowledge. High technical competence. Succeeds most when they can learn to the max.

B – Balance – This is a drive for form, harmony, work/life balance, pleasant surroundings, and an appreciation for aesthetics. Succeeds when there’s a supportive environment and encouragement without coercion.

E – Economic – Competitive and bottom-line oriented. Wants practical solutions. Likes to challenge themselves and others. Wants to be a high achiever. May become impatient with their own progress on the diet. Wants results quickly.

A brief illustration and description of your unique TRIBE combination:

Your T.R.I.B.E.



Your **Drives and Motivators** to help you succeed:

Low T – Won’t be taken advantage of, keeps a ‘guard’ on their trust level so that they don’t get burned. Succeeds when they place trust in a diet program.

Low R – Very adaptable to new diet programs and ideas. Likes to experiment, challenge the rules, and set new precedent and direction.

High I – High degree of curiosity, high appetite for learning. Likes to learn and do the background homework. Succeeds when given the data and stats.

High B – Enjoys and appreciates pleasant surroundings, sensitive to work / life issues, shows artistic creativity. Succeeds when given appropriate balance.

High E – Competitive, bottom-line oriented, wants practical solutions, high achiever, and succeeds when there is a practical reason and goal.





The PATH types – Social Environment and Culture

DIET-Tri™ Personal Success Statement #3 for Kevin:

- My social environment for success should be people-oriented and fast moving.

Your success statement #3 is derived from a combination of these four social climates or environments to support dieters:

P – Persistent – A culture of support that is challenging, decisive, and in-your-face in pro-active ways to help get results.

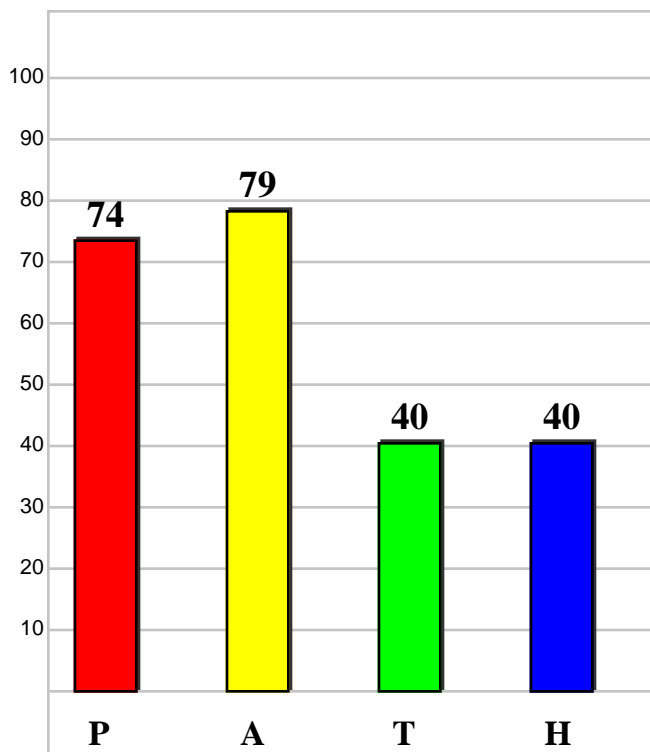
A – Amiable – A friendly, outgoing, talkative, interactive, and engaging culture that supports the dieter and listens to their stories.

T – Team Player – An easy-going, supportive culture that encourages without confrontation, and provides sincere support.

H – High Standards – A culture that encourages precision of information, data, and record-keeping. Rules are made to be followed. So follow them!

A brief illustration and description of your unique PATH combination:

Your P.A.T.H.



The environment and Culture where you'll do your best.

High P – Likes an active, challenging, never-a-dull-moment environment of support.

High A – Likes an interactive environment with lots of people, and likes to share stories of successes.

Low T – Prefers a fast-paced environment that's flexible, dynamic, and unstructured. "Don't fence me in."

Low H – Likes an environment that's free-form, spontaneous, and flexible in the approach to rules and regulations. Rules are really just suggestions.





3-2-1 DIETtrifecta™ Action Plan for Kevin

This diet action plan is here to help you set clear, feasible expectations and set you on a path to success. Keep this plan handy, so that you may reference it when you may need a little extra incentive and reminder of why you set on this course initially. By writing and thinking about your goals, you are giving meaning and depth to your weight loss journey, thus giving you a greater chance for success.

My DIET-tri Success Statement:

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SHORT TERM GOAL:

What do you hope to change or accomplish within the next 6 months? Do you have specific weight loss benchmarks you hope to hit? Do you have health goals to obtain?

LONG TERM GOAL:

What is your life dieting goal? Do you hope to maintain your weight and/or lifestyle? What do you hope to take with you as you start your weight loss journey?

Create your 3-2-1 DIETtrifecta™ Action Plan

Action: These three (3) things I currently do very well and will help me diet successfully:

Action: These two (2) things I need to change slightly so that I may diet more successfully:

Action: I must stop doing this so that my weight loss journey is successful:” :



Weight-tracking chart for DIETtrifecta™ for Kevin

Insert your current weight in the “Current” cell in the left column, then write in decreasing weights by one pound each on the lines below, as well as a few pounds above, also in one pound increments. Track your weight on a weekly basis, if you want to track on a daily basis, then just make a tick-mark near the weight in each weekly column... you’d have six or seven tick-marks in each weekly column. Use whatever method you’d like to demonstrate your progress. This is flexible, but recording your progress will help you see your results. Print out other copies of this page as you need them. Typical medically approved weight loss rates are about two pounds per week, some weeks will be greater, some will be less.

Weight	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
+5# ___									
+4# ___									
+3# ___									
+2# ___									
+1# ___									
Current # ___									
-1# ___									
-2# ___									
-3# ___									
-4# ___									
-5# ___									
-6# ___									
-7# ___									
-8# ___									
-9# ___									
-10# ___									
-11# ___									
-12# ___									
-13# ___									
-14# ___									
-15# ___									
-16# ___									
-17# ___									
-18# ___									



DIET-Trifecta™ Success Tips:

M – Move! Make your destiny happen.

Y – Yearn to succeed.

D – Decide to Just Do IT!! The hardest step to make.

I – Initiate a plan of action.

E – Exercise. Create your own energy.

T – Take Control. Don't let a scale tell YOU how to feel.

T – Track your food intake and levels of physical activity daily.

R – Re Realistic. Make small changes over time.

I – Inspire yourself!

B – Balance your food and physical activity and adjust accordingly.

E – Evolve and change your approach if necessary.

P – Plan your strategy.

A – Aim comfortably and realistically.

T – Take time out for yourself as often as you need.

H – Have fun! ™





Thank you!

We hope you really put this information to use. We KNOW that by understanding yourself, you understand what works best for YOU. Really – it has been statistically proven.

Come visit us online at www.diettrifecta.com and go to My-Diet-Tribe member login (located in the upper right hand corner of the site).

My-DIET-TRIBE offers dieting tips, menu options, personal training one on one and much, much more!

All the best on your journey!

Disclaimer: Consult your physician or healthcare practitioner before beginning this or any other weight loss or physical activity program.

If you have any questions or comments regarding this report, please send us a message at info@diettrifecta.com. We welcome any and all comments and will respond to you as quickly as possible.

