GETTING BACK ON TRACK

(also, your goal weight is a lie…)

AUTUMN WEATHERS

WATCH AUTUMN KETO/ KETO STRONG

WHO AM I?

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WHO AM I?

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE

EARLY
CHILDHOOD

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE

INSANITY™

160s

EARLY CHILDHOOD

EARLY 20'S

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

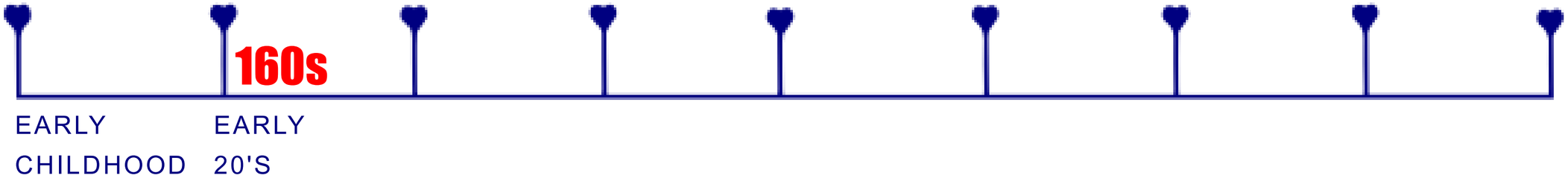
WEIGHT LOSS JOURNEY TIMELINE

ON THE OUTSIDE

- Thin!
- Disciplined

ON THE INSIDE

- Panicked
- Obsessive
- STILL NOT HAPPY WITH MY BODY
- Disordered



AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

160s

180s

EARLY CHILDHOOD

EARLY 20'S

LATE 20'S

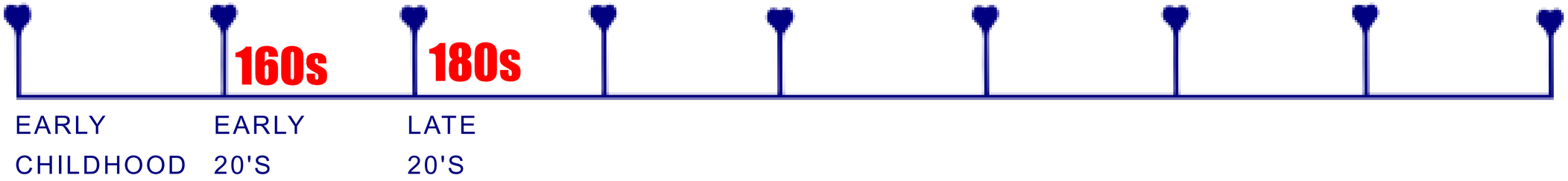
WEIGHT LOSS JOURNEY TIMELINE

ON THE OUTSIDE

- Confident
- Content

ON THE INSIDE

- Disappointed
- Lost
- Sad
- Self-sabotaging



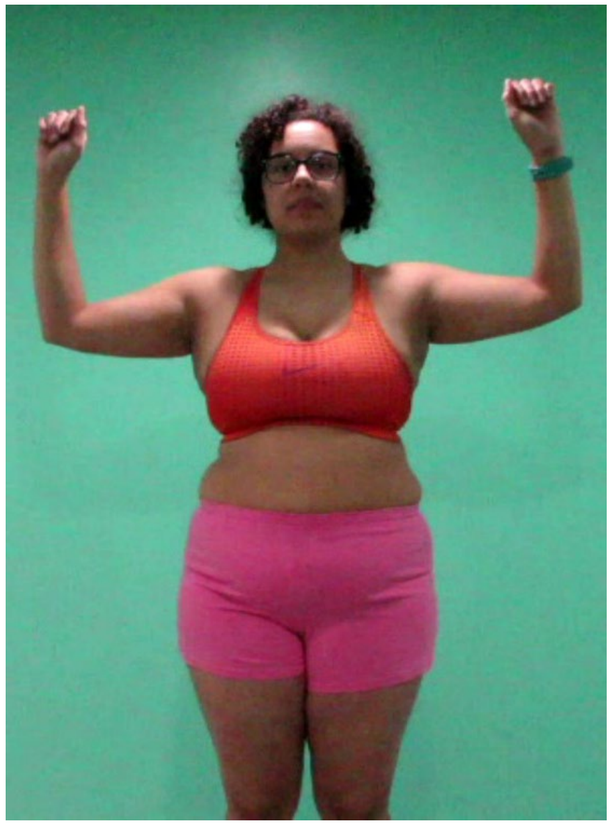
AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

EARLY CHILDHOOD	EARLY 20'S	LATE 20'S	JAN 2017
	160s	180s	232.5

WEIGHT LOSS JOURNEY TIMELINE

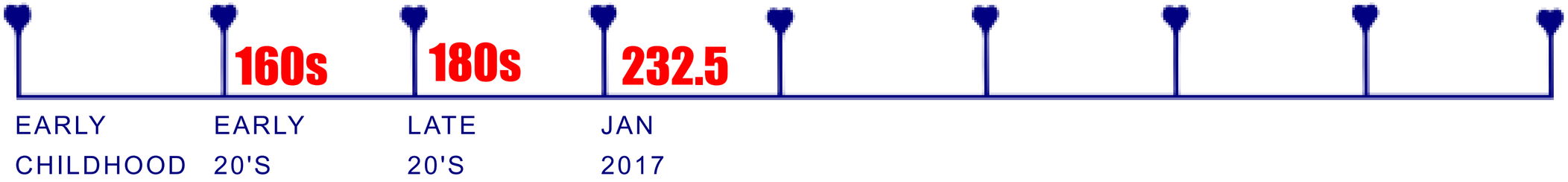


ON THE OUTSIDE

- Drastic weight gain

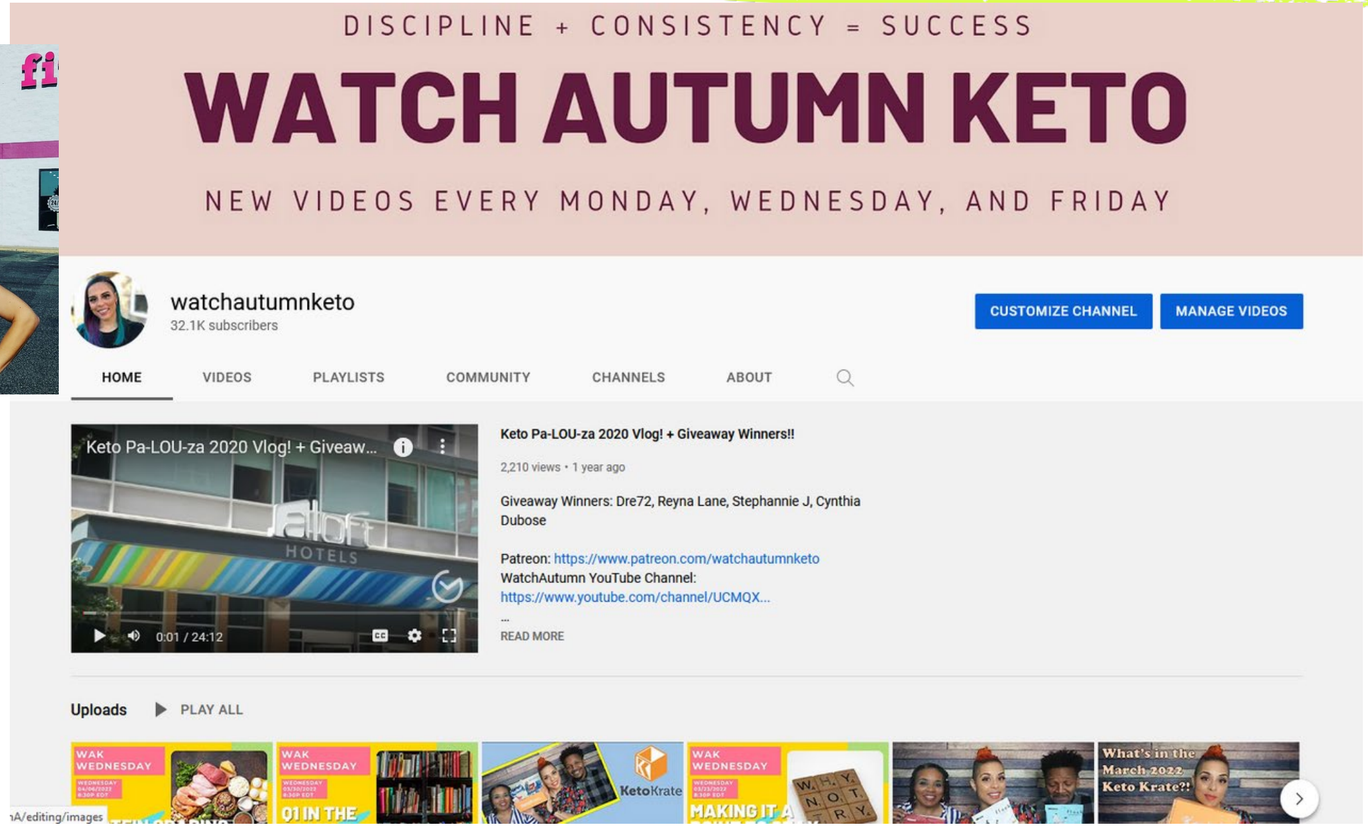
ON THE INSIDE

- Desperate
- Lost
- Sad
- Scared



AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE



AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

EARLY CHILDHOOD	EARLY 20'S	LATE 20'S	JAN 2017	SEPT 2017
	160s	180s	232.5	215

WEIGHT LOSS JOURNEY TIMELINE

ON THE OUTSIDE

- Thin! (again)
- Committed

ON THE INSIDE

- Happy
- Hopeful
- Satisfied

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

EARLY CHILDHOOD	EARLY 20'S	LATE 20'S	JAN 2017	SEPT 2017
	160s	180s	232.5	215

WEIGHT LOSS JOURNEY TIMELINE

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE

ON THE OUTSIDE

- Disciplined
- Successful!

ON THE INSIDE

- Panicked
- Angry
- HANGRY
- Irritable
- Physically weak
- Dread

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

WEIGHT LOSS JOURNEY TIMELINE

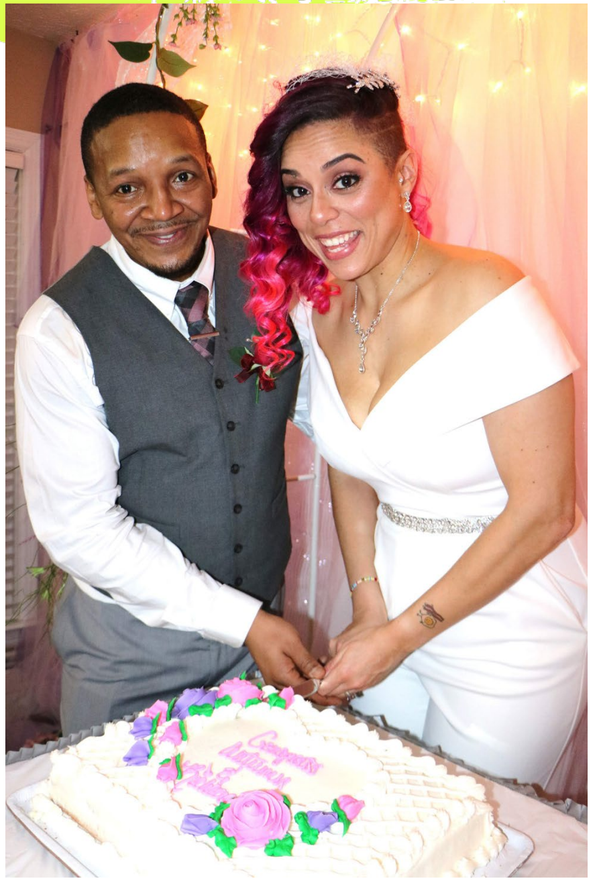
AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

HEALTH JOURNEY TIMELINE

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

EARLY CHILDHOOD	EARLY 20'S	LATE 20'S	JAN 2017	SEPT 2017	JULY 2018	JAN 2019	
	160s	180s	232.5	215	155 ★	185	

HEALTH JOURNEY TIMELINE



AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

EARLY CHILDHOOD	EARLY 20'S	LATE 20'S	JAN 2017	SEPT 2017	JULY 2018	JAN 2019	MARCH 2020
	160s	180s	232.5	215	155	185	188

HEALTH JOURNEY TIMELINE

ON THE OUTSIDE

- Voluptuous
- Happy!

ON THE INSIDE

- Thinking about my weight
- Thinking about how I would look in the pictures
- Happy!

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

HEALTH JOURNEY TIMELINE

ON THE OUTSIDE

- Noticeable weight gain
- Regressive

ON THE INSIDE

- Reprioritizing
- Simplifying
- Excited for the future
- Happy NOW!

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

HOW DO YOU BEAT A LIE?

WITH THE T.R.U.T.H.

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

T.R.U.T.H.

TAKE IT BACK TO THE BEGINNING

What worked?

Why did it work?

T.R.U.T.H.

REMEMBER WHY YOU STARTED

What kind of life do you want?

What sort of person do you want to be?

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

T.R.U.T.H.

UNDERSTAND THAT IT WON'T BE THE SAME AS THE FIRST TIME

Your body has adjusted.

The "newness" is gone.

That's OK!!

T.R.U. T.H.

THROW THE SCALE AWAY!

What does that number actually mean to you?

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

T.R.U.T.H.

HAVE PATEINCE

Have hope.

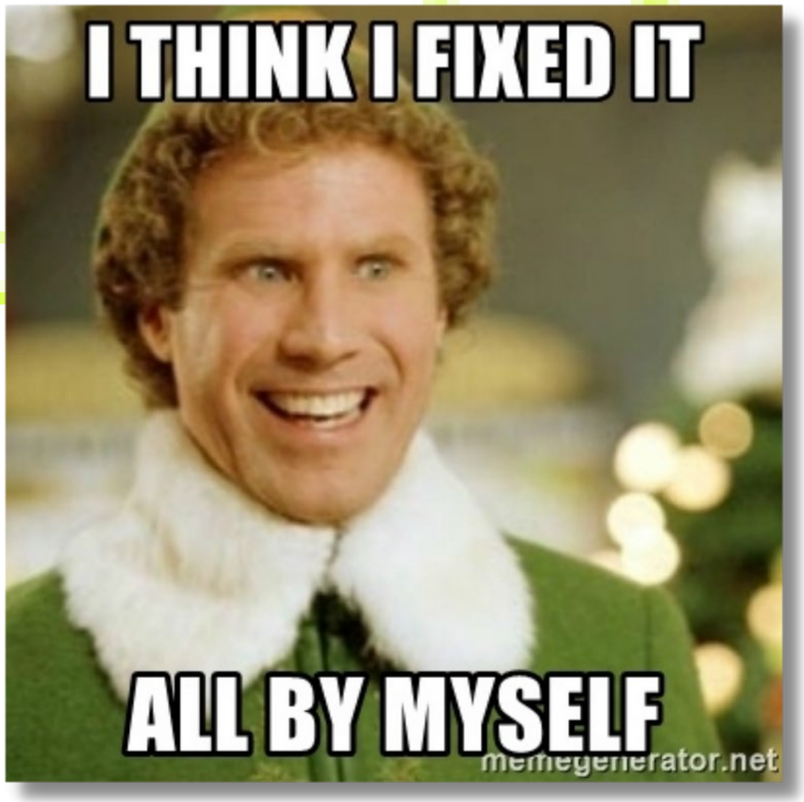
Have something!

"Sustainable" means forever!

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

LESSONS LEARNED(ING)

KETO DOESN'T AUTOMATICALLY FIX YOUR ISSUES WITH FOOD.



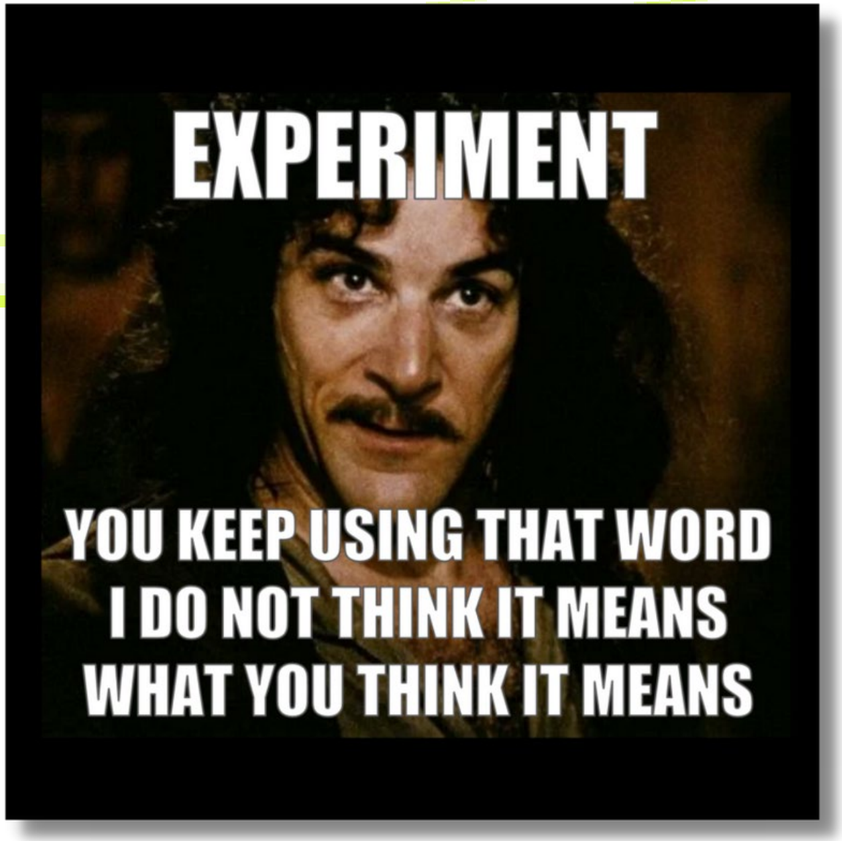
LESSONS LEARNED(ING)

UNDERSTAND YOUR TRIGGERS.

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

LESSONS LEARNED(ING)

NEVER STOP LEARNING & EXPERIMENTING.



AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

LESSONS LEARNED(ING)

COMPARISON (EVEN WITH YOURSELF) ISN'T POSITIVE.

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

LESSONS LEARNED(ING)

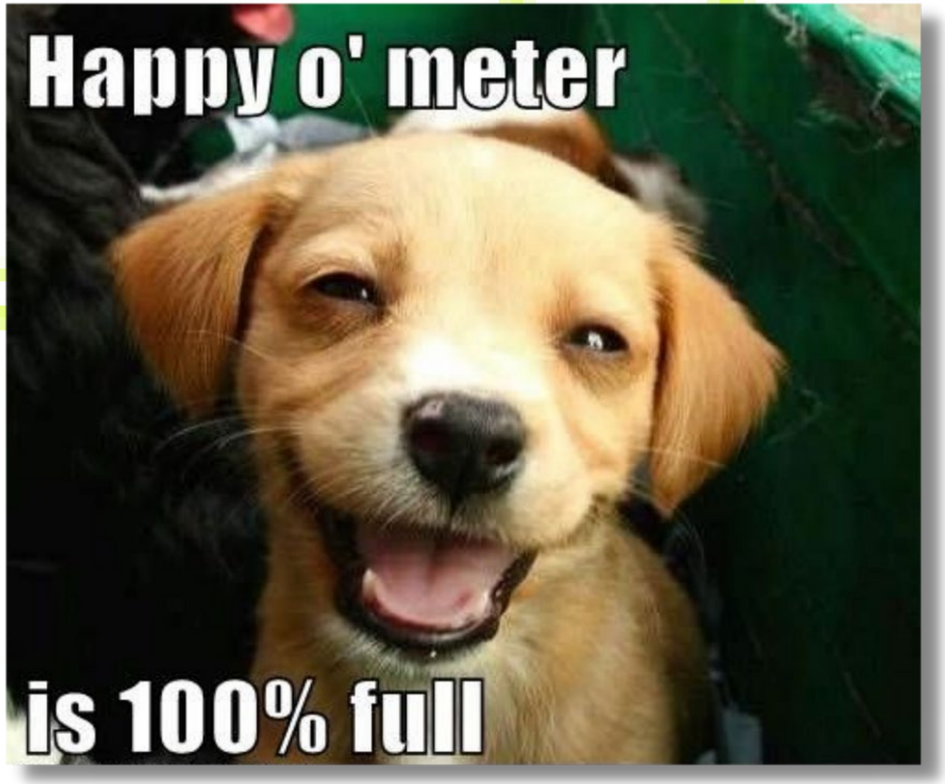
FOCUS ON ACTION-ORIENTED GOALS.

AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

LESSONS LEARNED(ING)

YOU DESERVE TO BE HAPPY

NOW!



AUTUMN WEATHERS
WATCH AUTUMN KETO/ KETO STRONG

THANK YOU

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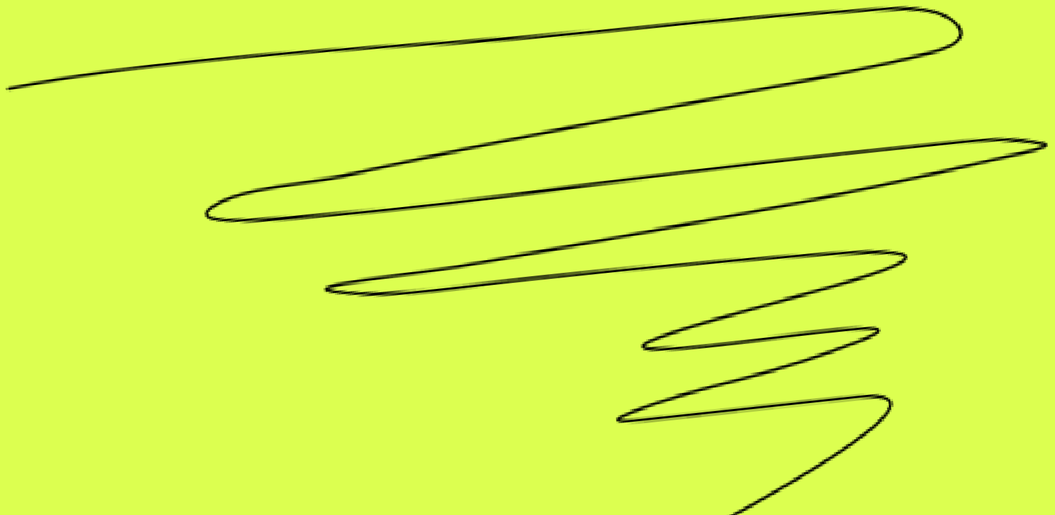

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WATCH AUTUMN KETO/ KETO STRONG