weight loss checklist

- [ ] Set goals
- [ ] Track progress
- [ ] Meal planning
- [ ] Portion control
- [ ] Hydration
- [ ] Regular exercise
- [ ] Sleep schedule
- [ ] Stress management
- [ ] Healthy snacks
- [ ] Mindful eating
- [ ] Accountability partner
- [ ] Self-care routine
- [ ] Healthy habits
- [ ] Avoid fad diets
- [ ] Celebrate milestones

additional:

- [ ]
- [ ]
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- [ ]

notes:

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