

# My Body Clutter Control Journal



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Dear Friends,

When we wrote *Body Clutter*, we knew that the book would need a *Control Journal* to assist you in implementing the *BabySteps* for you to release your *Body Clutter*. The book is not a magic pill to help you lose weight; it defines what we have all gone through in our lives and has us look at our reality. We have clutter in every area of our life. Keep in mind this is not a diet; we are *FLY* washing you into making subtle changes in your daily routines. These changes, when implemented in *BabySteps* will become life long habits to help you live a more healthy and active lifestyle. This *Body Clutter Control Journal* is just a place to write down how you feel and what *BabySteps* you are going to implement into your existing routines. We will look at the fuel we are putting in our bodies, how we are moving and our attitudes that got us where we are today.

Each *BabyStep* we take is progress. Now we don't want you intimidated by these pages. This is your workbook for guiding you through the process one *BabyStep* at a time. We will be honest with you; the act of writing this book caused Leanne and me to dig deep into our own *Body Clutter*. The process helped us to uncover another layer of clutter in our own lives. This underscores the principle: We can't organize clutter; we can only get rid of it. The discovery process is the first *BabyStep* to releasing the *Body Clutter*.

I had originally written the *Body Clutter Control Journal* as a supplement to our book. As it came closer to the time of publication, Leanne and I felt that it would be helpful to add the *Body Clutter Chapter Missions* from the book to the *Control Journal*. This first section of your *Body Clutter Control Journal* goes along with your *Body Clutter Book*. After you finish the book use the rest of the *Body Clutter Control Journal* to help you explore more areas of your *Body Clutter* and to develop your own *BabyStep* habits and routines.

Are you ready to release your *Body Clutter* and *FLY* with your new habits helping you to live healthy and active lives?

FlyLady

# Body Clutter Missions

## Introduction: The Journey Begins

To help release your Body Clutter we want you to use this book as a tool and take the words to heart. While you are reading you will need to have a few items right beside you. Keep in mind this is your book and you can write in it and highlight all you want.

So right now go grab a pen, highlighter and a notebook. It doesn't matter what kind of notebook you find as long as it has empty pages in it. Don't allow your perfectionism to keep you from using what you have around the house. This is your Body Clutter Control Journal. You will see with each Mission how quickly it will become your best friend.

Your Body Clutter journey starts now.



























## Chapter 12: Plateaus

Open up your Body Clutter Control Journal and look back at the past month.

If you have not started keeping a Body Clutter Control Journal then do it now. Grab an old three ring binder and put some paper in it. Each day weigh yourself and write down what you eat, when you eat, how much sleep you are getting, how much moving you are doing and your water and vitamin intake. Also write down how you feel and what is happening in your life. This will help you when you hit your plateau.

We have a page for you to download from our website: [www.FlyLady.net](http://www.FlyLady.net)

There are times when our plateaus are not real plateaus, but instances where our routines are falling by the wayside.

Ask yourself these questions to see if you have not been doing your routines.

Have you caught yourself hiding from someone while you eat?

Have you neglected to chart your weight daily?

Have you been drinking your water?

Have you been eating on the run in the car?

Have you been staying up to late?

Are you skipping meals and snacks?

Are you too busy to shop for groceries?

Are you getting dressed and fixing your face in the morning?

Have you written down what foods you are eating?

Have you been too busy to bless your heart?











## **Congratulations!**

You just finished the Body Clutter Book. Now it is time to continue our journey. You have answered some tough questions in the chapter Body Clutter Missions.

Some of these questions will be easy now that you have tackled the tough ones in the beginning. Take BabySteps and don't try to fill this out in one sitting.

It took us months to write and go through our own Body Clutter. It is a slow and steady process of uncovering layer after layer. Thank you for joining us on our journey. We don't have to feel alone any longer. We have each other to keep us company.

Let's start living our lives by not suffocating in our Body Clutter. Get out your pen and continue the process!

We love you!

FlyLady and Leanne

# Body Clutter Mission #1

## Getting Started!

### What is your Body Clutter shining sink?

We all know how important that shiny sink was when we first started to FLY! If you have not shined your sink yet, then please go do it now and you will see how empowering that sink is when you are greeted by it each morning. Well, we have a shining sink exercise for Body Clutter too and you are never going to believe it!

It is very important that you feel the power in yourself each morning so your shiny sink for Body Clutter is establishing the habit of putting the fuel in your body every morning to power up your engines. It is amazing what a little water and top notch fuel will do for your energy levels.

Right now we want you to look at the inefficient habits you have already established when it comes to breaking your fast when you get up in the morning. Breakfast isn't just breakfast any more! It is a power meal to start your day!

**Let's think about your morning.**

How long from the time your feet hit the floor before you get to eat and put fuel in your body? \_\_\_\_\_

Does everyone else get fed first? \_\_\_\_\_

Do you wait till you are on your way to work to grab something in the drive thru?  
\_\_\_\_\_

Do you feel rushed and don't have time to eat? \_\_\_\_\_

How many cups of coffee or soft drinks have you consumed before lunch?  
\_\_\_\_\_

Now tell us about your energy level when you skip breakfast all together.

Are you draggin' around, barely able to put two words together? Write it. \_\_\_\_\_

**Now let's do an attitude check.**

Are you more apt to get frustrated when you skip putting fuel in your body?

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Where is your patience level?

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Does your voice become loud and harsh? \_\_\_\_\_

**Now let's see what fuel you did put in your body.**

Did you drink any water in the morning? \_\_\_\_\_ If so, how much? \_\_\_\_\_

Have you had any fiber? Nuts, bran, whole wheat \_\_\_\_\_ If so, what?

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Did you have any protein? Egg, cheese, peanut butter, etc \_\_\_\_\_ If so, what?

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Did you have any fruit? \_\_\_\_\_ If so, what? \_\_\_\_\_

How much sugar did you consume? Donut, sugar in coffee, sweet cereal, soft drinks? \_\_\_\_\_ If so, what did you eat that had sugar in it? \_\_\_\_\_

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**Did you eat your breakfast? It is the shining sink to starting each day with the right fuel in your body!**

## Body Clutter Mission #2: Your Before Bed Routine

As we have always said, the Before Bed Routine is the most important routine of the whole day. It helps you to get started in the morning. You already know how good you feel when you see your shining sink. This has become part of your Before Bed Routine. One of the reasons you may be running out of steam in the mornings is that you have not included anything that will make it easier for you to fuel your body. A little planning the night before can empower you in the morning.

**Now let's look at these questions.**

What time are you usually going to bed? \_\_\_\_\_

What time are you usually getting up in the morning? \_\_\_\_\_

Are you rushing around like a chicken with its head cut off in the mornings? \_

Do you have good fuel in your home for you to eat in the morning? \_\_\_\_\_

Is there anything that you can do before you go to bed to make your morning run smoother and get some good fuel into your body to empower you? List 3 things.

\_\_\_\_\_

**There are three parts to the Before Bed Routine:**

1. Do a quick attack of your Hot Spots. (10 minutes - tops)
2. Think about tomorrow.
3. Take care of yourself. Go to bed at a decent hour!

**Now list your simple Before Bed Routine that will incorporate a new habit that will help you break your fast!**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**We are so proud of you for taking BabySteps!**



## **Body Clutter Mission #3: Your Morning Routine**

Each day we wake up with all the good intentions in the world. Most days we have to resort to Plan B before our feet even hit the ground. I want us to look at how important a Morning Routine is to keeping away the Body Clutter. If we can accomplish just a few things each morning we will find that the rest of the day may not be so stressed.

We have talked about eating breakfast, but if you don't have a Before Bed Routine that gets you into bed, you will get not enough rest. Then you won't be able to drag yourself out of bed, and as a result, you will not have time to fuel your body to start your day.

We have to start small with our routines. If we don't, we will become overwhelmed and not do any of them. You know how you are. We live in an all or nothing world and if it seems too hard, we will throw it all out the door. So let's be good to ourselves by only adding one habit at a time.

Our Morning Routine consists of getting up and getting dressed to shoes when our feet hit the floor. We do not stop until our bed is made and the bathroom has been swished and swiped, but then what? Now it is time for you to put fuel in your body. If you have done your Before Bed Routine then the coffee is ready and your clothes are all laid out. This is a time for you to have a nice breakfast with your family or a quiet breakfast by yourself. Think of it as sharpening your axe. Take these few moments to think about the day ahead with a clear mind and at the same time enjoy fueling up for the busy day that is in front of you. You will be surprised at how peaceful your day can be if you will take these moments for yourself. We don't want to hear that you don't have time! You have to take the time and after all, you deserve it. Who is going to take care of you if you don't! Are you listening? You have a whole wide world to take care of, but if you don't take care of you, you will not be able to do all you have to do today! Put on your oxygen mask first; then you can help others.

Now we are not talking about lots of time here, just a few minutes. Let's say 10 minutes of quiet time to fuel your body and mind to get ready for the day. Hey, you are already dressed, so what have you got to lose? A little Body Clutter!

**Are you ready to FLY with a new powerful Morning Routine starting your day?**

**List your Morning Routine as it is now!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Now rewrite your routine and add two new habits to help you start your day with good fuel in your body. Piggyback those habits beside ones that you are already doing automatically.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**Routines are habits that are put together into BabySteps that become your daily dance to greet your day!**

**Celebrate each morning with your dance to good health and happiness.**

## Body Clutter Mission #4: Listening To Your Body!

Our body has become so used to being tortured by the one person that should be taking the best care of it, that the warning signals that are supposed to help us determine what we need are ignored.

Let's think about a baby for a minute. An infant cries when it is hungry, thirsty, tired and uncomfortable. We as mothers have to figure out what is going on. Sometimes it is just intuitive. Other times we have to use the trial and error method to comfort our child. What about that little child that is in you? Do you hear her cries or do you turn a deaf ear to her? Or has that little child just given up on trying to get your attention and has resorted to much more drastic measures to make you notice?

Toddlers become so wrapped up in what they are doing that they are not interested in eating on their mother's schedule. We have all found that when they get hungry, they will eat. Unlike their mothers, they know when to stop eating. This is another warning signal that we miss most of the time and as a result we overeat.

**Now for the tough questions: Think back to this past week.**

Have you forgotten to feed yourself? \_\_\_\_\_

Did you forget to feed your babies? \_\_\_\_\_ Your animals? \_\_\_\_\_

Do you feel hunger pains? If so, what do they feel like? \_\_\_\_\_

\_\_\_\_\_

How many times a day do you eat? \_\_\_\_\_

Do you eat big meals? \_\_\_\_\_

What time do you usually eat your biggest meal of the day? \_\_\_\_\_

Do you snack during the day? \_\_\_\_\_

What do you snack on? \_\_\_\_\_

Are you eating all day long? \_\_\_\_\_

## Now for the other side of this coin:

How fast do you eat? \_\_\_\_\_

Do you ever put down your fork between bites? \_\_\_\_\_

Do you even use a fork or do you just eat sandwiches or finger foods? \_\_\_\_\_

Do you drink any beverages while you are eating? If so, how much and what?  
\_\_\_\_\_

Do you use a plate or a bowl when snacking or eating a meal? \_\_\_\_\_

Do you graze from the pantry or refrigerator, searching for something to eat?  
\_\_\_\_\_

Do you eat till it is all gone? \_\_\_\_\_

Do you know when you get full? \_\_\_\_\_

Do you eat till you are miserable? \_\_\_\_\_

Do you binge on junk food? \_\_\_\_\_

Can you binge on diet food too? \_\_\_\_\_

What does it feel like to be full? \_\_\_\_\_  
\_\_\_\_\_

Are you drinking sodas during the day? If so, how many and what time? \_\_\_\_\_  
\_\_\_\_\_

Are you drinking any water? How much? And when? \_\_\_\_\_

Are you eating any fruit? How much? And when? \_\_\_\_\_

How about vegetables? Any raw ones? How much and when? \_\_\_\_\_

Do you ever have cravings? What do you crave? \_\_\_\_\_

## Body Clutter Mission #5: Emotional Triggers

Every happy and sad event in our lives somehow revolves around food. It started way back when we were babies. When we cried, we were fed. When we had a birthday, we got a cake and ice cream. Eventually we got the hang of this behavior. When we were upset, we were calmed with a cookie. Then we grew up and this learned behavior played a trick on us.

We started looking for the cookie whenever we began to feel bad. We didn't even have to know why we were feeling bad. We just wanted that cookie to make us feel better. Food became a way for us to not have to deal with the problem. It became that magic pill to stop the hurting.

It is time we looked at your triggers for emotional eating.

When you get sick do you have a favorite food? What is it? \_\_\_\_\_

What is your first memory of this food? \_\_\_\_\_

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Do you ever run through a drive-in window after a bad day at work? \_\_\_\_\_

Have you ever had your feelings hurt and found yourself grazing in the refrigerator with tears rolling down your face? \_\_\_\_\_

Is there one food that you can't keep in the house because you will not stop eating it till it is gone? What is your first memory of this food?

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Do you buy things at the grocery store and eat them on the way home and try to hide the evidence before you get home? What is that food? \_\_\_\_\_

What is your first memory of doing this?

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## Body Clutter Mission #6: First Aid for Emotional Triggers

I know you want some specific answers here, but we might just need to fake it till we get there. Fake it till we make it! This is pretty sound advice. In my first marriage, all I wanted was to feel loved. It didn't even matter if I was loved; I just wanted some gesture that would represent some form of love to me. So let's figure out ways to make ourselves feel loved.

1. Be kind to yourself. Do not deprive yourself of things. Diets are notorious for punishing us. You don't have to eat the whole quart of ice cream in order to nurture yourself. Sometimes all it takes is a bite.
2. Keep good food in your home that is good for you. You can't eat it if it is not in your house. Keep your pantries filled with nutritious snacks and ingredients to fix wonderful meals.
3. Don't starve yourself by skipping meals because you don't have time to eat. Take time to refill your gas tank regularly. It is when we are running on empty that our instincts take over and we can't think clearly. We can't even analyze what is happening at the time. You can't think on an empty stomach.
4. When you feel yourself getting antsy please stop and figure out why that feeling has arisen. I do this by writing as fast and as hard as I can. I call it a brain dump. Practice writing down your feelings. This is a good way to dissect them and get to the bottom of what is hurting you. Keep a journal. It doesn't have to be on paper. You can just type it and then put it in a folder named Recipes. No one will ever look in it.
5. Get yourself at least one outfit that you feel like a million bucks in. Don't ever wear anything that makes you feel frumpy. You are a beautiful person!
6. Drink your water. Dehydration causes you to feel fatigued. Buy yourself a pretty glass to drink water from and do drink some water every hour.
7. You deserve to take a break occasionally. Every hour you close your eyes for two minutes and meditate. Little breaks taken regularly recharge your batteries so you are not stressed out as much.

8. Pamper yourself with your favorite music. It doesn't matter if anyone else in the house likes it. Get a Walkman. Music is the medicine that flows over you and heals all that hurts.

9. Turn off the television and quit listening and reading about the bad things that are happening in the world. If you need to know about something, someone will tell you! Fill your heart and soul with good things.

10. You have many years of hard-wiring to have to reprogram. Do it with inspirational tapes and motivational speakers. Listen to them over and over again. Eventually you will begin to believe what they are saying.

11. Only say nice things to yourself. When you hear negative words come out of your mouth or you think them, stop right then and change them to a positive message. You can do this. The hardest thing to do is catch yourself in the act. The more you do this, the better you are going to feel. You are breaking a bad habit of abuse. You have heard it from others for so long that you have started doing this to yourself. Stop it NOW!

12. Take bubble baths to relieve the stress and tension that is in your body. The warm water is my womb that gives birth to a refreshed me. Let the water take all your troubles down the drain.

13. Release the guilt that you feel. Apologize to the people you love and watch the changes that occur in each relationship. The most important thing that you can do is forgive yourself. It doesn't matter if they forgive you or not. This is not their battle. Forgive yourself and that release of guilt will help you to FLY: Finally Loving Yourself!

14. Forgive others and quit harboring grudges. Hatred is a pill you take to kill the person who has harmed you. Forgive them and get on with living. If you have to, concentrate on wishing good things for this person or pray for them; you can do this. I promise it won't make you sick to your stomach. It may be hard at first. I like to do this when I am in the bathtub. This is another bad feeling that goes down the drain.

15. Go to bed at a decent hour and sleep. You need your rest. This makes us a much happier person. Getting plenty of sleep is a key to releasing your Body Clutter!

16. Only have things in your home that make you smile. You deserve to walk around with happy thoughts on your mind. When you have items in your home that make you feel bad when you look at them, they need to go away.

## Here Is Your First Aid Kit!

We abuse ourselves in more ways than overeating. Look for ways to stop this abuse. It is only an action away! We can reverse the years of stinkin' thinkin' and find ourselves for the first time ever.

Whenever you begin to feel uneasy about anything, I want you to **HALT!**

Use this word to help you understand what is going on in your mind and body.

**H. Am I Too HUNGRY?** Ask yourself have you skipped any meals? When was the last time you ate? What did you eat? Was it good food or was it junk food? If your answer is junk food, then go feed your starving child.

**A. Am I ANGRY?** Ask yourself if you are upset and angry about something or at someone? Are you stuffing your feelings instead of getting them out and dealing with them? Get out a piece of paper and begin to write.

**L. Am I LONELY?** Ask yourself if you are feeling alone? Pick up the phone and talk to a friend.

**T. Am I TIRED OR THIRSTY?** Ask yourself when was the last time you took a break and had a drink of water. Stop what you are doing to yourself and get a glass of water and put your feet up for a few minutes. You may need a nap because you didn't go to bed at a decent hour last night.

If you will use this little first aid kit to help you address what your body is trying to tell you, then you will begin to release the Body Clutter and stop the abuse. Your little child is begging to be heard. Listen to her and give her what she needs.

**We are so proud of you for listening to your body!**



## Body Clutter Mission #7: Making Friends with Your Bathroom Scale

All our life we have despised that number that is between our toes in the privacy of our own bathrooms and in our face at the doctor's office. It makes us feel like a failure. I have been practicing looking at this number in a more productive way.

A scale is a tool. Much like a thermometer or a barometer, it is a gauge. It does not condemn; it is just a number to help us evaluate our new routines. Everyday I have been weighing myself. I know that this is a scary thought. I promise each time you do this, it will get easier. The once a week weigh-in is not what I am talking about. When it becomes a daily habit, you can see what is working and what is not working. When you couple this with your eating habits and your exercise routine, you can begin to see a correlation on paper.

This will help you when you see yourself reaching a plateau or not taking good care of yourself. The charting will help you to realize your own body's cycles of weight gain during those times of the month, so that bloated feeling can be expected and you don't have to beat yourself up over it.

You will also begin to put two and two together. When you don't get enough sleep, your body goes into protection mode; your metabolism changes. You will notice this on your scale. It will also tell you when you are not eating enough fiber to keep your plumbing moving regularly. If you are not drinking enough water to keep those pipes flowing, your scale will reflect this. Charting what you eat, how much exercise you get and how much water and fiber you have taken in will help you make decisions and keep you on your path toward better health and a stronger body.

At first you are not going to like doing this. I promise it will grow on you. Please just do this, like shining your sink. My scale is a digital one that has the tenths of pounds. There are days when my weight is up a few tenths and this causes me to look at my Body Clutter Control Journal. Then there are days when the scale says that my weight is down a few tenths. This too causes me to look at my Body Clutter Control Journal. It reinforces my routines and helps me to see what habits are efficient and which ones change my metabolism. This Body Clutter Control Journal will tell me when I have reached a plateau and I need to tweak my routines. We are using our scale as a tool to help us investigate our new habits for a healthier life. We are now BCIs instead of CSIs; Body Clutter Investigators instead of Crime Scene Investigators. Let's have a little fun when it comes to understanding how our metabolism works.

## Body Clutter Mission #8: Weighing As Part of Your Morning Routine

With our Morning Routines already in place we can easily add a new habit to start our day. Here is how my morning starts.

1. I wake up! I think about my day and then I get up.
2. Make my bed.
3. I head to my sweetie's bathroom (my friend the scale lives there).
4. Since I need to pee, I take care of that.
5. Then I weigh and write down the number so I can put it in my Body Clutter Control Journal.
6. I swish and swipe my sweetie's bathroom while I am in there.
7. I go to my bathroom and take a shower and swish and swipe there.
8. I get dressed to shoes.
9. Take a load of clothes to the washer and reboot if needed.
10. Make coffee.
11. Swiffer the floors while the coffee is brewing.
12. Set out my water bottles for the day.
13. Eat breakfast to kick off my metabolism.

Now take your Morning Routine and add your new habit of weighing to it. Remember to piggy-back it with something you are already doing. If you don't have a Morning Routine now is the time. Start small and give yourself a sticker on your calendar!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

## **Body Clutter Mission #9: Permission to Snack**

All our lives we have been told that we should not eat between meals, that it would ruin our appetite when mealtime arrived; as a result of this thinking we got hungry and our bodies went into hibernation/starvation mode to protect us from not having enough food. Our metabolism slowed down and we put on weight. Our goal with this book, *Body Clutter*, is to learn how to trick our metabolism and at the same time feed ourselves good food to nourish our bodies.

Snacking is not a bad habit to practice. This is just a way to stoke the fire so our bodies continue to burn up the calories we are consuming. When we skip meals and snacks we are setting ourselves up for weight gain and we don't even know it. It is so hard to break habits that have been established by years or even decades of negative thinking. It is time for us to take the BabySteps to see if there are better ways to empower our metabolism and help us to burn our stored Body Clutter.

When a baby is born, the precious little child has to eat every few hours. When we hear its cry, we know something is needed. It could be a diaper change, a nap or food. Let's treat ourselves as if we are little babies. In the beginning of our young lives, food is for our survival. It is not a bribe to keep us quiet. It is only after we get older that we are taught this little trick.

In order to fuel our bodies, we should feed our little babies every two to three hours. I know this seems like a lot of food but it really isn't. I eat a snack, breakfast, lunch, an afternoon snack, dinner and an evening snack. For me, this works out to every three hours; just like clock work. Eventually you will begin to recognize the signs that it is snack time and you won't have to set a timer to remind you.

I start my day with a snack. I have a hard time eating breakfast first thing in the morning. So in order to break my fast from a good night's sleep, I eat some yogurt and a few frozen blueberries and five almonds. I get a milk product, a fruit and fiber all in one simple nutritious snack to stoke my metabolism. Later I eat my breakfast. At noon I eat lunch. My lunches consist of a sandwich between slices of thin cheese. Since being diagnosed with Type 2 Diabetes, I have to be particular about my carbohydrate intake. I am only allowed 30 net grams of carbs a day. Now this means that if the carbs have fiber in it then I can subtract out

the fiber grams. I try to get most of my carbs in the morning. This keeps my blood sugar at a stable level all day.

I always knew that I loved carbs: pasta and breads. But I never realized how those foods played havoc with my blood sugar till I started to chart them and recognized the signs my body was giving me. Some of the signs are increased urination and being thirsty. Another sign is a change in eyesight. My eye doctor was the first person to bring this to my attention. I was living a life on a roller coaster, sugar highs and lows.

You are not going to be able to snack effectively unless you fill your pantry with good food. This means: cheeses, nuts, nut butter, popcorn, high protein low fat meats and high fiber fruits. You are going to have to go shopping for these and put them on your grocery list as a regular item to purchase.

Does your snacking include drinking sodas with lots of sugar? The liquid carbs are notorious for helping us to pack on the Body Clutter. With simple BabySteps we can practice removing the sodas from our Body Clutter. We can release them for more water in our day. Many times when we think we are hungry, we really just need to hydrate our bodies. Replace your habit sodas with water and watch your Body Clutter melt away.

Your snacks are not full meals. When we learn to eat smaller portions all the time and not fill our tummies with a lot of food at once, we will begin to get a hold on the size of our stomachs as well as our eyes. Let's practice eating our snacks and not making mealtime one huge plate of food.

You have permission to snack as long as it is good food that you are fueling your body with. This is going to stoke your metabolism so you will burn some of that excess Body Clutter.

What healthy snacks are you going to add to your grocery list and your routine?

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What unhealthy snacks are you going to eliminate from your grocery list, one BabyStep at a time? \_\_\_\_\_

**We are so proud of you!**  
**You are making important changes in your life!**

## Body Clutter Mission #10: Labels for Your Reading Pleasure!

As we are taking control of our Body Clutter, we are spending much more time reading the labels when we are grocery shopping. Be sure and take your glasses! Shopping for good food for our bodies is more like a scavenger hunt these days.

The food packaging companies advertise low fat, low carbs, low sodium, high fiber, sugar free, non-fat and low calorie. What are we supposed to buy?

Let's examine a nutrition label that you would find on a food product. I am choosing my comfort food, macaroni and cheese.

<b>Nutrition Facts</b>	
Serving Size	1 cup (228 g)
<b>Amount per Serving</b>	
<b>Calories</b>	250 Calories from Fat 110
	<b>% Daily Value *</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5G	
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 2 %
<b>Calcium</b> 20%	<b>Iron</b> 4 %

\*Percent Daily Value are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

Let's examine this label to see what happens in my body when I eat my favorite comfort food.

1. What is the serving size according to this label? \_\_\_\_\_

If I were in comfort food mode this would not be enough, so I would probably eat three times that much. How much is that? \_\_\_\_\_

I want you see that the recommended serving size is not what we are used to eating. Do you see the difference in serving size and what we actually eat? \_\_\_\_\_

2. How many calories are in one serving size? \_\_\_\_\_ How many for three times that? \_\_\_\_\_

3. How many calories are from fat in one serving size? \_\_\_\_\_ How many for three times that? \_\_\_\_\_

4. How many saturated fats are in one serving of macaroni and cheese? \_\_\_\_\_

5. Are there any trans fats in one serving? These are the worst fats you can eat. \_\_\_\_\_ How many are in one serving? \_\_\_\_\_

6. Now for the total carbohydrates in one serving, how many? \_\_\_\_\_  
If it were three times that amount? \_\_\_\_\_

7. Is there any fiber in one serving of macaroni and cheese? \_\_\_\_\_

8. Are there any vitamins in one serving? \_\_\_\_\_  
List them \_\_\_\_\_

9. Have you noticed those percentages on the right of the label? \_\_\_\_\_  
They tell you what part of a daily value that this one serving has in your overall dietary intake of food. How many calories should a person consume for these percentages to be appropriate? \_\_\_\_\_

10. If I were only supposed to eat 1500 calories a day; how many calories would I have left to eat if I ate three times the serving size?  $1500 - \underline{\quad} = \underline{\quad}$  left for the day.

11. Can you see how my comfort food robs me of not only the calories that I need each day in order to get the proper amount of fiber, protein and other essential nutrition? When I eat carbohydrates without any fiber it turns into sugar as fast as I put it in my body. I am supposed to limit my carb intake to about 30 grams a day. One serving alone has how many grams of carbs? \_\_\_\_\_ and in three servings? \_\_\_\_\_ This causes my diabetes to get out of control. It is also like giving candy to a baby. My sugar level spikes and then it drops, all because I needed my comfort food. Is it really comfort food when it is killing me with every bite I take? \_\_\_\_\_

12. What is your comfort food? If you have any in your house I want you to look at the label and see what you are doing to yourself with this little test.

**A balanced lifestyle is the best way to bless your body! Stop the abuse!**

## **Body Clutter Mission #11: What Is A Balanced Diet/Lifestyle Anyway?**

This can be so confusing for me. I don't know which way to turn or what I am suppose to be putting in my mouth. I know if I am feeling this way then you have to be too. So I am going to try to simplify this into FlyBaby terms.

We have some bad eating habits that we need to turn into effective nutritional lifestyle habits so we can live long and productive lives. It all starts with wanting to change. We have to want it for ourselves and for no other reason.

Let's start with listing some of our eating habits:

How many soft drinks are you having a day? \_\_\_\_\_

Are you skipping meals? \_\_\_\_\_

Are you eating huge meals instead of several small meals a day? \_\_\_\_\_

What snack foods do you eat regularly? \_\_\_\_\_

Are you eating three fruits and three vegetables a day? \_\_\_\_\_

How many milk portions/calcium are you eating? \_\_\_\_\_

How much protein are you eating each day? \_\_\_\_\_

How much water are you drinking? Include all liquids. \_\_\_\_\_

How much sodium (salt) are you eating each day? \_\_\_\_\_

How much fat have you been eating? \_\_\_\_\_

## What Does A Balanced Snack Or Meal Look Like?

**Fat and Protein Calories Almost = Complex Carbohydrates Calories**

When we think about this as a variety of foods then we don't get as bored with what we are eating. After all, variety is the spice of life. One of my favorite snacks is an apple, a string cheese and five almonds.

String Cheese has 80 calories and is low in fat, under 20%.

An apple is 90 calories and it is a complex carbohydrate with fiber.

5 almonds have 30 calories plus a load of fiber.

$30 + 80$  is almost equal to 90. Don't allow your perfectionism to cause you to miss this important lesson. You have a good fat, an almond, low fat cheese with an apple. This is not only filling, but it is good for you.



## Body Clutter Mission #12: Tips for Balanced Eating

1. Reduce your consumption of fat to below 30%. Fat is in lots of things we eat. So read your label and reduce your fat intake to under 30% or a total of 1/3 the calories you are consuming. 4 grams of fat (1 teaspoon) = 36 calories.
2. Make sure that the food you eat is worthy to be put in your mouth. Worthy means that it blesses your body with good nutrition and not negative nutrition. The calories that it adds to your daily consumption of food with each bite carries with it substantial nutrients.
3. Add more fiber to your diet. This comes in lots of forms too: raw fruits and vegetables, nuts, and whole grains. If you are eating anything white other than milk products, then there is a good chance that you are not getting enough fiber.
4. Look for color on your plate. Make good choices of dark green leafy vegetables for your salads. Pick brightly colored vegetables to go with those leaves.
5. Protein should be the size of the palm of your hand. Keep it as lean as possible.
6. Reduce your sugar consumption by not drinking sweet drinks at mealtime.
7. This is not to say that you have to feel deprived; when you want this for your new lifestyle you will see ways to still get the taste without all the fat and sugar. I am not saying to get rid of it all. Take smaller portions and play tricks with you taste buds. Try lightly dipping instead of smothering your dark leafy greens with dressing. Put that taste on your tongue first to get the full flavor. You don't need much when it is the good stuff.
8. Feed yourself like you would a baby. Only give yourself good fuel for your body. You would not give your baby sugar water to live on.
9. This is not a diet; it is a lifestyle change. Our goal is to release our Body Clutter and come to grips with our ineffective habits and change them to reflect our new attitudes toward food and moving.
10. Keeping up with what you are eating is not as much fun as we hoped it would be, but bear with us. You need to see what you have been doing to be able to change the bad habits to effective healthy eating habits for a long life. Once you have a routine in place you will be doing it automatically. This is all a learning process.
11. Just because it is low fat and low carbs, it does not give you a license to consume as much as your mind tells you that you want. Hey, I have been known to pig out on rice cakes. Make sure your snacks have as much nutrition going for them as your meals. Those healthy snacks are going to keep you from feeling hungry.

## **Body Clutter Mission #13: Moving is a Blessing to more than your Heart!**

We hate the term exercise because it seems too much like work and let's face it, work and exercise are bad words in our vocabulary. This is why we affectionately refer to exercise as Loving Movement. This is really what we are doing when we are blessing our bodies and our hearts; we are loving ourselves. Moving does many things for our Body Clutter.

The first obvious benefit is we burn more calories. When we eat a little less and move a little more we are going to see a decrease in our Body Clutter.

The second benefit is that moving changes our metabolism. When we increase our activity by doing just 15 minutes of walking a day, especially when we have been couch potatoes for many years, we are doing more than we used to. Then when you do a little more in the morning and in the afternoon you can play a game with your metabolism.

The third benefit to Loving Movement is that it causes your brain to release endorphins that make you feel happier. We all could use a little pick me up when we are feeling down.

The fourth benefit to getting up and moving is increased energy. The more you move the more you are able to move. I know this seems strange, but just give it a try. Just by doing a little each day you will build up your stamina and before you know it, with BabySteps, moving will become easier.

The fifth benefit that comes with aerobic moving is the strengthening of your heart. This is why we tell you to bless your heart. You will know that you are blessing your heart when you have started to sweat and your heart rate is increased from your normal couch potato status. We don't even like to sweat, so in the south we call it glistening. When something glistens it is shining. A little aerobic Loving Movement is another form of shining your sink.

The sixth benefit of Loving Movement occurs when we are so proud of ourselves for getting off the couch and blessing our hearts. There is nothing finer than to be excited about doing something to bless our hearts and releasing our Body Clutter. Exercise may no longer be an ugly word for us.

**Go Me! I can do this: One BabyStep at a time!**

## **Body Clutter Mission #14: Adding Loving Movement to Your Routines**

In our perfectionism we do not think we have enough time in a day to move the right way, so we don't move at all. This attitude is part of our Body Clutter. We have to make time for ourselves if we are going to start living a healthier lifestyle. To do this, you are going to need to tweak your routines in order to incorporate Loving Movement into your daily routines.

Look at your Morning Routine, Afternoon Routine and Evening Routine as well as your Basic Weekly Plan.

Some people start their day with a morning walk. They not only lay out their clothes for the next day as part of their Before Bed Routine, but they add their workout clothes too. When they get up in the morning, they start their day with their Loving Movement by putting on their selected workout clothing and heading out for their walk. They take their furry friends and greet the day with excitement. When they get back, they start their usual Morning Routine by taking a shower and getting dressed, fixing their hair and face, and lacing up their shoes.

Let's tweak our Morning, Afternoon, and Evening Routines to include a little more Loving Movement.

Morning	Afternoon	Evening/Before Bed Routine
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**I can love my body with BabySteps: Go Me!  
Loving Movement blesses my body!**

## **Body Clutter Mission #15: Variety is the Spice of Life**

As Sidetracked people we can become easily bored with any moving routine. This is why it is important for us to add a little variety to our Loving Movement. To love our bodies, we need to do a little walking, some aerobic body blessing, some strength training and above all, getting into the habit of stretching to reduce injury. We are notorious for going hog wild the first week and getting so sore that we do not feel like moving the next day. I want you to fight this stinking thinking Body Clutter attitude and take the BabySteps you need to develop a lifelong habit of loving yourself by moving every day.

We have led ourselves to believe the lie that we move enough in our daily activity. We need to move just a little bit more than our normal activity. Our bodies are used to the movement we have been doing and we are going to play games to make Loving Movement fun for us, so we will not become bored.

In our video libraries we have several workout tapes. Try putting one of these in your VCR to add a little variety to your week. Do this a couple of times a week, for example Tuesday and Thursday. Then on Monday, Wednesday and Friday add a little working out with weights to develop muscles. Do different muscle groups on each day. Be sure to incorporate stretching into these routines to limber yourself up.

On the weekend, do something active with your family such as going for a hike or swimming. You will be surprised how much fun you can have by just playing ball with your children.

To help motivate yourself in developing your Weekly Routines, give yourself a red heart on your calendar.

Start with your walking habit and slowly add aerobic activity and weights. You do not have to push too hard to establish your new habit for a healthier lifestyle. Take BabySteps and celebrate every Loving Movement you do to bless your heart.

## **Body Clutter Mission #16: Love Your Body! Love Yourself! Basic Weekly Plan for Adding Variety to your Moving Routines.**

In our Basic Weekly Plan, we set a day for things that need to be done. I do my Weekly Home Blessing Hour on Mondays, but occasionally I change things up a bit and do one item each day.

On Tuesday it is my Free Day. With our moving routines we could make this our Freestyle Day. Maybe you want to learn to belly dance or square dance. Pick a day and add some fun activity to it. We joined a bowling league and spend three hours bowling with great competition and fun. We have friends in their 80's that have been bowling their whole lives.

Wednesday is our Anti-Procrastination Day. This could be the day that you work out with your weights and get on your treadmill. Just think of something you have been putting off. Maybe it is getting out in your garden to weed, plant and cultivate your plants. There is lots of bending, lifting and stooping in gardening. Be sure and set your timer and don't over do. You will crash and burn.

Thursday is Errand Day. Since you are going to be out in the world anyway, why not do your errands while walking through town or around the mall. Have lunch in the park and stroll around looking at the flowers and laughing children. Make an adventure out of your Errand Day.

Friday is Date Night. Every Friday my Sweet Darling and two or three other couples bowl. We have dinner together and then bowl and try to beat one another. You don't have to be a good bowler to have fun.

Saturday and Sunday are days to schedule activities that get you out of your rut. Go to a park, hike in a forest, go on a picnic, play Frisbee. Just get out there and move!

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

Mark these on your calendar till they become a habit. If you don't make time for them; you will still be living with your Body Clutter. Give yourself a red heart each day for venturing out of your comfort zone to move.

**I am so proud of you!**

## **Body Clutter Mission #17: Lack of Sleep can Hurt You!**

Sleep is such a precious commodity. We don't realize just how important these hours are to every aspect of our lives. We use our sleep time to help us catch up on everything we have been putting off. We started burning the midnight oil when we were teenagers; just because we had better things to do besides study. Then test time would roll around and we would desperately try to catch up.

When are we going to learn that playing catch up is stressful on our bodies and mind? We have to be nice to ourselves by not waiting till the last minute to get things done. When we don't take time for ourselves during the day, we will steal from our sleep hours to cultivate that "Me Time." All that really does is makes us feel worse.

Have you ever been around a baby that needs a nap? We get irritable just like a little child. That irritability is just the tip of the iceberg for the problems that sleep deprivation causes.

Lack of sleep causes us to not be able to focus on what we need to do. No wonder we are sidetracked. We are not taking care of ourselves.

When we stay up too late it is harder for us to get out of bed in the morning. That makes us push the snooze button to get a few more moments of shut eye. Then we end up rushing. The rushing causes us to forget important things that we need to take with us. We get halfway to our destination and remember we have forgotten the presentation that we stayed up half the night preparing. Everyone is waiting on you. The stress is mounting and you go faster. Your attention is not on your driving and you have an accident. Do you see the vicious dangerous cycle you have allowed your procrastination to do to you body and mind?

Sleep is not a bank where you can make withdrawals and deposits. A body needs a required number of hours of sleep each and every night. Now don't tell me that you do well on four to five hours of sleep. That is just another one of those lies that you tell yourself to rationalize your inability to go to bed at a decent hour. Your lack of sleep is going to manifest itself as Body Clutter. All because you have told your metabolism to slow down; your body is protecting you from you. When you don't get enough sleep, you are robbing yourself of health, happiness, and safety.



## **Body Clutter Mission #19: Perfectionism: Its Control over Us**

From the day we were born we have been told that we could have it all. The only problem is, no one ever told us about the guilt that comes when we can't seem to keep the CHAOS out of our lives. We have been striving for perfection and it is unattainable. This happens with our Body Clutter.

Have you ever given up on a diet because you "messed up?" If you did, then you know how defeated you feel when you can't live up to your idea of perfection. We are going to teach you that you don't have to be perfect to live a more healthy life.

We are no longer going to beat ourselves up when we eat something that may not be a healthier choice. When we feel deprived, we want that food even more. I am not saying that we can binge on that food, but we can give ourselves permission to have a bite. I do this when I go out to eat and dessert is being offered. We can share a dessert and all I need is one bite to keep me from feeling deprived.

This is such freedom for me. I don't have to eat the whole thing to be satisfied. I am not "messaging up!" Keep in mind there is no messing up any more.

What has been your past behavior when you "messed up" on a diet?

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Instead of throwing our little baby out with the bath water, we are going to nurture her. One bite is not going to ruin your new way of living. Since you no longer have to beat yourself up, what positive words can you say to yourself when you begin to feel like you "messed up"? One thing I do, is praise myself for not eating the whole thing and celebrate that one bite. \_\_\_\_\_

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**You are not messing up! Jump back in where you are!  
Love your body, love yourself!**



## **BabyStep Pledge Body Clutter Release Contract**

I, \_\_\_\_\_, being of clear mind and with a renewed commitment to release the Body Clutter I have collected in my mind and on my thighs, do hereby declare that I will take BabySteps to ensure life long changes. These BabySteps will include changes in my food, movement and overall attitude toward them and me.

1. I make a commitment to not beat myself up when I make a mistake. I realize that I am not perfect and I never be, and that in order to establish a new habit my success lies in continual changes that do not happen overnight.
2. I make a commitment to forgive myself for the Body Clutter I have collected. I will not look back in disgust, but only forward to the new changes in my way of living, celebrating each new day.
3. I will no longer be afraid of the scale. I will weigh myself each morning and chart what is happening to my body. This number is going to help me see what I need to do. It is not a reason for punishment. It is a guidepost for including more fiber, more movement and water in my recipe for living.
4. I make a commitment to blessing my heart with Loving Movement every day, even if it is only for 15 minutes. I can do anything for 15 minutes. Movement is fun, not a penalty.
5. I commit to balance in all things. I will not allow myself to become overwhelmed and then crash and burn.
6. I will eat a balanced diet, drink my water and treat myself to nutritious snacks. I will commit to eating breakfast, lunch and dinner and three healthy snacks each day. I will no longer skip meals because this slows my metabolism and my body thinks I am being starved.
7. I will be honest with myself over what fuel I am putting in my body. I will write it down and not be afraid to face myself.
8. I will be aware that I am my greatest saboteur; I will be mindful of all the lies I tell myself to keep change from occurring. I realize that how I have been living is not good for me and I am ready for my new attitude of health.
9. I will bless myself by having nutritious food in my home. This will mean taking time for grocery planning, shopping and cooking. I will no longer live with a drive-by mentality for groceries or meals.
10. I commit to celebrating each day of this new way of living. This is a lifestyle that will bring health and joy to me. It is not a habit that is going away after the Body Clutter has disappeared.
11. I commit to showing myself the love that I deserve. Actions speak louder than words. Everything that I do is a reflection of the love that I have for me! I am so proud of me!

Signed this day by my own hand in love and respect for me!

Date \_\_\_\_\_

Signature \_\_\_\_\_

We, Leanne Ely, the Dinner Diva and Marla Cilley, the FlyLady, are with you every BabyStep of your new life journey. We make this commitment right along side of you! You are a blessing to us!

Leanne Ely  
Leanne Ely, the Dinner Diva

Marla Cilley  
Marla Cilley, the FlyLady

# Body Clutter Investigator: Daily Chart for our Metabolism and Loving Ourselves

Day: M T W Th F S S      Date: \_\_\_\_\_ Today's Scale Reading \_\_\_\_\_  
This is not who you are! Don't be afraid!

Sleep: Bedtime last night? \_\_\_\_\_      Get up time this morning? \_\_\_\_\_  
How many times did I get up during the night? \_\_\_\_\_  
Did I take a nap today? \_\_\_\_\_      Total Hours of Sleep? \_\_\_\_\_  
Did I do my Morning Routine? \_\_\_\_\_      Before Bed Routine? \_\_\_\_\_

Quick Check List: color in the circles

Meals 000    Fruits 000    Water 00000000    Vitamins 0  
Snacks 000    Veggies 000    Milk Products 000  
Walking 0    Weights 0    Aerobic Activity 0    Stretching 0

Food intake: Meals and Snacks:

Breakfast \_\_\_\_\_  
Morning Snack \_\_\_\_\_  
Lunch \_\_\_\_\_  
Afternoon Snack \_\_\_\_\_  
Dinner \_\_\_\_\_  
Evening Snack \_\_\_\_\_

How much fiber did I consume today? \_\_\_\_\_

Did I take my vitamins and supplements today? \_\_\_\_\_

Blessing my Body with Loving Movement:

Did I move any today? \_\_\_\_\_ How many minutes did I spend walking? \_\_\_\_\_  
Lifting Weights? \_\_\_\_\_ In aerobic activity? \_\_\_\_\_ Stretching? \_\_\_\_\_

What happened today? How did I feel about it? Did I experience any emotional  
Body Clutter today? Write on the back if needed. \_\_\_\_\_

**Go Me!! I am so proud of me for facing all my Body Clutter!**