No one likes rules, I get it. But if you really want to lose weight, without stalling or giving up, then these rules are about to become your best friends! If at any point you’re not losing weight, come back to these rules. You’ve probably broken one or more of them. Just get right back on track.

Remember, weight loss mode doesn’t last forever. Once you’ve dropped all the weight you want, you can relax the rules a bit.

1. Sleep at least 7-8 hours per night
2. Drink 1 gallon of water per day
3. Try to eat a veggie with every meal
4. Only eat 2 or 3 meals per day (you don’t need to snack!)
5. No alcohol, candy, or sweets allowed
6. No soda
7. No lattes, mochas, breve’ (or any other specialty coffee drink)
8. No bread of any kind
9. Limit coffee to 2 cups per day
10. Don’t eat past 6:30 PM

WEIGH YOURSELF EVERY DAY

You might resist this one the most. But the scale is your first line of defense. It’s going to tell you exactly how you’re doing and whether you need to tweak something during the day. It will also keep you honest. If you know you have to record your weight in the morning, you’ll think twice about that second helping at dinner.

1. Take your “dry weight” at home every morning. To get your dry weight, strip down naked as soon as you wake up. Go potty and weigh yourself before you eat or drink anything.
2. Record your weight on your tracking sheet or in the Lose It! app each morning.