

The Obesity Code: Unlocking the Secrets of Weight Loss

by Jason Fung

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Map your eating window
Write the first and last caloric intake from yesterday.

MON TUE WED THU FRI SAT SUN

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02

Remove one sweet drink
Replace one caloric drink with water, tea, or coffee without sugar.

MON TUE WED THU FRI SAT SUN

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03

Build one whole-food meal
Include protein, fiber, and minimally processed food in one meal.

MON TUE WED THU FRI SAT SUN

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04

Create a snack-free gap
Leave one clean interval between meals today.

MON TUE WED THU FRI SAT SUN

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05

Plan an earlier dinner
Set dinner early enough for a 12-hour overnight fast.

MON TUE WED THU FRI SAT SUN

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06

Protect sleep signal
Choose one sleep cue to protect tonight.

MON TUE WED THU FRI SAT SUN

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07

Notice hunger timing
Write when hunger rises and what happened before it.

MON TUE WED THU FRI SAT SUN

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