

# Plateau Troubleshooting Checklist

A calm guide for when the scale slows down.

## SECTION A

### First: Is This a Real Plateau?

(Check all that apply)

- My weight hasn't changed for at least 3–4 weeks
- My eating habits have been mostly consistent
- I haven't had major travel, holidays, or disruptions
- Stress, sleep, and routine have been relatively stable
- I'm not near my menstrual cycle (if applicable)
- I haven't drastically changed sodium, carbs, or workouts
- I'm not recovering from a heavy workout (muscles hold water)

*If fewer than 3–4 boxes are checked, this may be a normal fluctuation — not a plateau.*

## SECTION B

### Plateau Checkpoints (Self-Awareness Questions)

(Check anything that feels true — no judgment.)

#### Awareness

- My portion sizes might have crept up
- I've been snacking more automatically
- I've been eating more quickly than usual
- I've been eating distracted more often
- I'm hungrier at night than usual

#### Environment

- Healthier foods are less visible or accessible
- Treats are more visible or convenient
- My schedule/environment has changed recently
- I've been more sedentary than normal
- My kitchen/workspace has become a cue for grazing

#### Routine

- I paused one or more habits I built earlier
- I haven't been mindfully eating much lately
- I haven't been doing my usual short walks
- I'm not tracking hunger/emotions as often
- I've been more stressed or tired than usual

SECTION C

### The Three-Level Adjustment Method

Choose **ONE** small, realistic action for the next 7 days.

#### Lever 1 — Awareness

- Slow the first 3 bites of one meal a day
- Use hunger-awareness before one snack per day
- Log hunger/emotion once daily (simple note)
- Pause 10 seconds before evening eating

#### Lever 2 — Environment

- Place fruit or healthier snacks in visible spots
- Move treats farther away or out of sight
- Prep 1–2 simple foods for the week
- Keep a water bottle visible
- Clean a small area that triggers grazing

#### Lever 3 — Routine

- Add one 5–10 minute walk after a meal
- Add protein to one meal per day
- Drink a glass of water before meals
- Reduce one unplanned snack per day
- Reinstate one habit from earlier weeks

**Choose only ONE.**

Small consistency → renewed momentum.

SECTION D

“Plateaus are normal. Your body is adjusting, not failing. Small, steady shifts are more powerful than big overhauls.”

#### Note to Myself

What I want to remember this week:

“Mind Treks — Slow, steady, psychology-backed progress.”

MIND TREKS