

## PEERtrainer User Survey

What Advice Would You Give To People Just Starting Any Part of PEERtrainer?		
		Response Count
		197
<i>answered question</i>		<b>197</b>
<i>skipped question</i>		<b>13</b>

Response Text		
1	Trust The Process! I was afraid, in the beginning, that even if I ate well and exercised properly, that I still wouldn't lose weight. It took longer than I thought, was harder than I had hoped, and I am happier than I could have imagined being at this point in my journey.	Jan 10, 2010 7:46 PM
2	Make sure you read the e-mail tip everyday. If you are really "hungry" for successful weight loss, you just go with the flow of whatever sparks you from the tips and you will find what you need when you need to. If you are unsure of your committment to this process, I would encourage people to participate in the Point of No Return program and not leave it up to chance that you will uncover the information you need.	Jan 10, 2010 8:48 PM
3	Think of advice given/write/try it....before saying No	Jan 10, 2010 8:56 PM
4	Give it time, and please take advantage of all the help you offer.	Jan 10, 2010 9:15 PM
5	Log your meals, and find groups that fit with you that are active and supportive. Read the suggested materials on diet and exercise. Figure out some way to exercise every day.	Jan 10, 2010 10:07 PM
6	The sooner you give up processed, poisonous food the sooner you'll be enjoying being craving-free from sugar and processed food. It's a war out there between the consumer who is trying to be healthy and the food manufacturers who are trying to addict us to their msg, sugar, corn syrup, white flour concoctions.	Jan 10, 2010 11:01 PM
7	To continue using it.	Jan 10, 2010 11:36 PM
8	Find a group, find a group, find a group. Don't be afraid to leave one if you don't connect with the people, or if no one is posting or logging. It only works if you have a group of people with the same attitude/ goals who are active and really care. Be willing to go through three or four before you find the one you really like. Start your own, it will fill up in no time don't worry about being rejected it's not going to happen.	Jan 11, 2010 12:57 AM
9	You need a lot of patience	Jan 11, 2010 7:26 AM
10	Keep an open mind! Set small goals and don't be overwhelmed. Everyone has opinions and advice, but only you know what works for you. Be willing to step out of your comfort zone and be open to new ideas. I believe PEERtrainer captures this perfectly. Thank you PEERtrainer!	Jan 11, 2010 12:31 PM
11	To do all of the exerises answer as many questions about yourself as you can and log your food.	Jan 11, 2010 2:01 PM
12	Find a good, active group. If you don't like your group, don't quit PT, just find another group!	Jan 11, 2010 3:25 PM
13	Make logging a part of your daily routine and BE HONEST!	Jan 11, 2010 3:35 PM

Response Text		
14	Only do it if you feel that you can dedicate the time to it.	Jan 11, 2010 3:35 PM
15	Keep at it, each day is new. You will change if you change your habits!	Jan 11, 2010 3:38 PM
16	To keep track of what they do monitor themselves closely	Jan 11, 2010 3:38 PM
17	Read all the articles that apply to you. Really read them and let them sink in. There are many good tips on this website.	Jan 11, 2010 3:38 PM
18	Find a good group and stick with it	Jan 11, 2010 3:42 PM
19	To use this tool to the fullest, join several groups, log in your food, work-out and comment find a buddy all of this is so important	Jan 11, 2010 3:43 PM
20	Stick with it and you will find Jackie really does care...you are not just another cyber client	Jan 11, 2010 3:47 PM
21	keep good records!!!! Writing things down is vital!	Jan 11, 2010 3:49 PM
22	To read the community notes.	Jan 11, 2010 3:52 PM
23	LOG DAILY OR GET OUT OF A GROUP!	Jan 11, 2010 3:53 PM
24	stick with it for a couple of weeks. Once it is routine you will never want to stop posting your food	Jan 11, 2010 3:58 PM
25	Just read and take in the advice that suits you, there is a lot of good info out there, sound and sensible and realistic.	Jan 11, 2010 4:03 PM
26	take it one day at a time	Jan 11, 2010 4:03 PM
27	KEEP TRYING!!!!	Jan 11, 2010 4:03 PM
28	At this point, I seek advice I do not give it.	Jan 11, 2010 4:04 PM
29	Taking notes and being reflective is the only way to change behavior.	Jan 11, 2010 4:04 PM
30	Although you have peertrainer..do it with a REAL Peer .	Jan 11, 2010 4:06 PM
31	It may be hard to find a group or team with active members	Jan 11, 2010 4:06 PM
32	Make it a life change not a diet. Diet is a dirty word that people use as an excuse to why they are over weight.	Jan 11, 2010 4:10 PM
33	Take what you need and leave the rest.	Jan 11, 2010 4:14 PM
34	I would say to be wary of the CalorieWiki, it's OK but I don't know how accurate it is.	Jan 11, 2010 4:14 PM
35	Accept your resistance. Talk it over with a few very trustworthy friends. Take baby steps.	Jan 11, 2010 4:19 PM
36	Keep going. YOU can do this. Find out what is holding you back and let go of it. You ARE worth it.	Jan 11, 2010 4:22 PM
37	Don't expect support. Do it on your own.	Jan 11, 2010 4:22 PM
38	Log on faithfully, keep a conversation going with your team mates.	Jan 11, 2010 4:24 PM
39	Join many groups, stay active in them all and see who you click with. After a few weeks cut down to those groups you really feel a connection with.	Jan 11, 2010 4:33 PM
40	stick to it	Jan 11, 2010 4:33 PM
41	Go swimming	Jan 11, 2010 4:37 PM
42	Keep posting food to keep yourself honest..to yourself.	Jan 11, 2010 4:38 PM
43	stick with it and don 't be too hard on yourself b/c obsessing about health is just as unhealthy as eating bad things and not exercising. your mental health is important too	Jan 11, 2010 4:39 PM
44	follow the plan	Jan 11, 2010 4:41 PM
45	Be honest with yourself. Write down EVERYTHING that goes in your mouth. This will help you in your weight loss efforts.	Jan 11, 2010 4:47 PM
46	keep logging diligently, once you stop you become less accountable to yourself	Jan 11, 2010 4:58 PM
47	Take one thing at a time and make it your own. Don't get overwhelmed because there is alot to making a lifestyle change.	Jan 11, 2010 4:59 PM

Response Text		
48	Try to find an active group to get daily support with. Then read over the great information that the site has to offer. It is great.	Jan 11, 2010 5:02 PM
49	Read and take part in as much as your lifestyle allows, as it isn't about dieting and losing its about gaining a new life...yours!	Jan 11, 2010 5:02 PM
50	Really read the emails they help a lot	Jan 11, 2010 5:03 PM
51	Log in, you get out what you put in and if you find that the group your in doesn't suit you change!	Jan 11, 2010 5:03 PM
52	Be consistent. Check in on good and bad days. Be honest about where you are and how it's going. Everybody (including you) benefits from seeing the natural ebb and flow that is part of changing our behavior for the better.	Jan 11, 2010 5:04 PM
53	Just embrace the emails, listen to the stories, eat healthy, and exercise for life	Jan 11, 2010 5:09 PM
54	Have a clearly defined goal and be organized in your thoughts and actions.	Jan 11, 2010 5:12 PM
55	This program really helps give you the tools and knowledge that you need to succeed.	Jan 11, 2010 5:15 PM
56	Keep coming back and find what works for you. I find the forums aggravating as people tell each other how another members' diet method is so wrong and unhealthy. That doesn't work for me. We each know what works for us. I find my team and being accountable in a log helpful. You may not but peertrainer still has something you may find helpful.	Jan 11, 2010 5:17 PM
57	Keep track of all the e-mails and review them for support.	Jan 11, 2010 5:17 PM
58	Get the daily email of your teams' logs!	Jan 11, 2010 5:20 PM
59	sign up for the emails	Jan 11, 2010 5:22 PM
60	Find a friend to walk the walk with.	Jan 11, 2010 5:22 PM
61	To stick around long enough to see how it works. Don't jump in and out.	Jan 11, 2010 5:29 PM
62	Log every day and try a whole bunch of different groups, I tried a lot of bad groups, including one in which I was asked to leave because "my goal is silly," but I finally found a few groups with fun, supportive members.	Jan 11, 2010 5:33 PM
63	Get active with PT teams. Log daily.	Jan 11, 2010 5:37 PM
64	Go slowly, develop your own pace. REALLY MAKE THIS FOR YOU--NOT WHAT YOU THINK EVERYONE ELSE IS DOING.	Jan 11, 2010 5:40 PM
65	BE THOROUGH! Log on every day. Get active in small groups and look through the public logs/blogs and find someone that you admire that is an active participant in the community. Follow their progress as you work on yours.	Jan 11, 2010 5:41 PM
66	Read the logs of people that are successful in weight loss.  Start on a team (more likely to find some people you agree with). Join a group later if you find several people you like on a team.	Jan 11, 2010 5:42 PM
67	Read everything. Expose yourself to everything and try one or two things at a time. Look at the diet fusion concept. Read other people's postings.	Jan 11, 2010 5:43 PM
68	You HAVE to find an active group. I've joined 5 groups and about 4 teams, and so far I've only had one truly active one, but those are the people I sign on for everyday.	Jan 11, 2010 5:46 PM
69	Log & find a small, active group	Jan 11, 2010 5:46 PM
70	Use the tools available to you.	Jan 11, 2010 5:47 PM
71	To be willing and patient. To be realistic about their goals and appreciate every little step taken. To inform themselves as much as possible and then apply the things that they believe they can apply to their lives.	Jan 11, 2010 5:55 PM
72	Take what works for you, and try your best not to feel overwhelmed by the sheer volume of information available on PT.	Jan 11, 2010 5:59 PM
73	N.A	Jan 11, 2010 6:02 PM

Response Text		
74	Take things slow. Depending on your fitness level, find what you love to do, and do it, whether its running, walking, swimming. Anything that will get you moving. Not necessarily sweating, but off the couch. Even yoga and tai-chi is a great workout. And eat sensibly. Small changes can have a lifetime of benefits.	Jan 11, 2010 6:15 PM
75	To make sure that you have the time and space for it in your life so that you can truly make the resource effective for you.	Jan 11, 2010 6:15 PM
76	Stick with it. If your group is not helpful, move on to another group. However let your group know you are moving on so they don't take it personal or think you just quit.	Jan 11, 2010 6:25 PM
77	Just stick with it - even if only for this minute, hour, or day. Readily forgive yourself for mistakes you make, this is a learning process. If you "fall off the wagon", all you have to do is get back on. Perseverance, perseverance, perseverance!	Jan 11, 2010 6:28 PM
78	Subscribe to the daily tip and find a group you can relate	Jan 11, 2010 6:36 PM
79	Hang in there. Sign up for tip of the day, certainly, as well as the other helpful stuff you have. Your website is truly amazing!!! And it feels very REAL because you share your own journey with us!!!	Jan 11, 2010 6:39 PM
80	Don't be too hard on yourself and expect instant change. Life long changes in eating behaviors is a process so give yourself time to allow true growth to occur. In this society, we are trained to want an instant fix.	Jan 11, 2010 6:45 PM
81	Jump in. Log. Log. Log.	Jan 11, 2010 6:47 PM
82	No idea.	Jan 11, 2010 6:50 PM
83	Stay positive	Jan 11, 2010 6:52 PM
84	Figure out the website.	Jan 11, 2010 6:57 PM
85	Remember to set your goals small and don't expect results right away.	Jan 11, 2010 7:03 PM
86	Make sure you have a handle on the technology before you buy.	Jan 11, 2010 7:29 PM
87	Be an active member of a group. it helps to bounce ideas back and forth and to know that you're not alone	Jan 11, 2010 7:35 PM
88	take it one step at a time absorb all of the resources don't feel you have to do everthing be accountable to yourself	Jan 11, 2010 7:59 PM
89	Stay with it, stay active...	Jan 11, 2010 8:01 PM
90	Even if you don't start making any changes in what or how much you eat, just keep getting and reading the Tip of the Day, and surfing the site for ideas...it builds confidence that you can actually do this, and don't have to do it alone...it just join a group. And don't stay with a group if it is not working for you, and don't think all groups are the same. They are like shoes, you have to find the right fit and style for you and your life. The first group I joined ignored my posts as they had all been together for a long time, so after weeks of no support, I found a great group.	Jan 11, 2010 8:02 PM
91	To try to lose weight for health reasons, but to accept themselves regardless.	Jan 11, 2010 8:04 PM
92	Join with Peers or research a group that is active for sometime.	Jan 11, 2010 8:06 PM
93	you must be ready... for YOU and no one else, right now, not first thing tomorrow or monday.. because the only one you are 100% accountable to is yourself (ie when its just you and that cookie and no one would know.. and you've been so good...blah blah)	Jan 11, 2010 8:31 PM
94	You can do it!	Jan 11, 2010 8:40 PM
95	I would advise them to be honest when they log, otherwise they are just cheating themselves. Take small steps, remember any changes for the better, no matter how small are an improvement - if you had chocolate everyday last week, but this week only 3 days, then you are doing well.	Jan 11, 2010 8:42 PM

Response Text		
96	I personally use it as one of many resources for helping me stay motivated and stay focused.	Jan 11, 2010 9:12 PM
97	Read the tips, and stories, and hopefully they will find something that works for them.	Jan 11, 2010 9:17 PM
98	Read and apply what Peertrainer is telling you.	Jan 11, 2010 9:18 PM
99	Use it as often as possible, the more you log, the more accountable you will be. It is so helpful to look back and see, oh I really didn't need all 6 of those snacks! This helps you change your habits in the future	Jan 11, 2010 9:24 PM
100	Listen to all of the advise given because it makes a lot of sense and really helps you.	Jan 11, 2010 9:31 PM
101	I don't know about others but because I was journaling online on WeightWatchers I didn't use Peertrainer's. I just didn't have time to do both. I really think you need to be mentally ready to change your life, not just your eating habits. The tip of the day emails really got me motivated and help me stick to my plan.	Jan 11, 2010 9:35 PM
102	To try to take the time to explore the website.	Jan 11, 2010 9:41 PM
103	Workout. And use your logging to learn and grow, not whine and justify.	Jan 11, 2010 9:43 PM
104	Read the articles. Go to community and blog with others who are going thru the same problems.	Jan 11, 2010 9:48 PM
105	find a group that logs daily.	Jan 11, 2010 9:50 PM
106	To take it all in an determine what works for them.	Jan 11, 2010 9:53 PM
107	Keep looking until you find an active group. Be as active as you possibly can. Take time to read other people's logs....give-don't just take. Never give up.	Jan 11, 2010 10:06 PM
108	watch youtube, i already referred three people to peertrainer	Jan 11, 2010 10:09 PM
109	Just keep reading until something sinks in.	Jan 11, 2010 10:10 PM
110	Do the daily food and activity logs.	Jan 11, 2010 10:12 PM
111	stick to it	Jan 11, 2010 10:16 PM
112	I tell everyone that I know, that peertrainer helps you by helping you to log your food and exercise. It is crucial to weight loss.	Jan 11, 2010 10:31 PM
113	It is a very useful tool .	Jan 11, 2010 10:53 PM
114	Even though you are working with alot of folks, I always felt like it was pretty personal. Stick with it. There's so many offerings....some make you say aha!	Jan 11, 2010 10:55 PM
115	how are u	Jan 11, 2010 10:59 PM
116	Take the time and read through all the site	Jan 11, 2010 11:00 PM
117	go slow and determine what you want to do.	Jan 11, 2010 11:04 PM
118	Find an active group. If no one has commented for a week...look elsewhere.	Jan 11, 2010 11:17 PM
119	get daily emails sent to u that way ur obligated to check your email & do it	Jan 11, 2010 11:20 PM
120	LOG every bite take advantage of all the great info on the site	Jan 12, 2010 12:19 AM
121	Read them daily/ It truly helped me to have them "in my face" to remind me daily and keep me focused and on track.	Jan 12, 2010 12:22 AM
122	Work it...if you don't post and don't account for your food, it wastes everybody's time. Don't go into a group and then just "lurk" there and don't post. It takes up space that is needed for those who will appreciate it.	Jan 12, 2010 12:26 AM
123	Say commit yourself to sticking to it.	Jan 12, 2010 12:28 AM
124	Do not think of the entries as daily homework but as something that is helping you exercise and eat right. You eat something bad or dont work out you have to type it in this always keeps me in line :o)	Jan 12, 2010 12:28 AM
125	Do something every day: give up some unhealthy food, eat one more piece of fruit or some salad, walk for 20 minutes...	Jan 12, 2010 12:28 AM

Response Text		
126	Explore the website - search for something that interests you - search for training videos	Jan 12, 2010 12:29 AM
127	Log!	Jan 12, 2010 12:34 AM
128	Draw as many resources from the site as possible to find messages that resonate with you.	Jan 12, 2010 12:34 AM
129	Advice... Get a buddy to share your journey with. Start a notebook. Journal.	Jan 12, 2010 12:47 AM
130	concentrate on one thing at a time, I'm still new so I'm not sure	Jan 12, 2010 12:50 AM
131	Read the exercises and have some time to write down what they suggest to do.	Jan 12, 2010 1:12 AM
132	"shop around" different groups until you find two or three that are active and the people are a good fit for you. I would highly recommend starting your own group. Also would recommend trying things you haven't tried before (like giving up sugar) even if it's only for 3 or 4 days, participate in short-term challenges with group members, and set do-able goals (baby steps). Adapt diets/exercise plans to your personal needs - change most things gradually.	Jan 12, 2010 1:30 AM
133	Be prepared to change but it will be gradual and you have to learn new habits of cooking, eating, food shopping and exercise.	Jan 12, 2010 1:33 AM
134	Try to be as open and honest as you can.	Jan 12, 2010 1:40 AM
135	Do not underestimate the value of logging!! LOG LOG LOG because it forces you to look at what you're eating. Denial is a powerful mental tool that tricks us and sabotages us when we're trying to lose weight. Logging delivers a serious blow to denial about what you're eating (even if you don't count calories....just laying it all out there is enough sometimes!!)	Jan 12, 2010 1:51 AM
136	Start your own group, keep consistent contact with your groupmates (let them know if you'll be on vacation so they don't just think you quit, really talk about issues, be their cheerleader but don't be afraid to ask for their support when you need it)	Jan 12, 2010 1:51 AM
137	Injest the audio before searching the online articals for direction.	Jan 12, 2010 2:20 AM
138	Read everything, use what makes sense for you and go back later to add more	Jan 12, 2010 2:24 AM
139	Hmm..don't join too many groups/teams etc, it can be overwhelming to feel obligated to keep up with everyone. Just check in a little. I got very excited in the beginning, wrote way too much and got overwhelmed and had to cut it off, so I could start getting work done. I enjoyed peer trainer more than my work at the time!! That was a problem. Anyhow--writing down what you ate, and how much you excercised daily and not much more is a great way to start!	Jan 12, 2010 2:28 AM
140	read your emails and participate.. do what they say and it will work!	Jan 12, 2010 2:36 AM
141	LOG- LOG- LOG. And keep logging till you find a group that clicks.	Jan 12, 2010 2:41 AM
142	Be kind to yourself, and accept slip ups as part of the process.	Jan 12, 2010 2:43 AM
143	Don't expect too much.	Jan 12, 2010 2:49 AM
144	Don't dwell on the past, only look to the future.	Jan 12, 2010 3:10 AM
145	It's all about habits, and it just takes time and consistency to change habits. Just stick with it. Fall down seven times, get up eight.	Jan 12, 2010 3:11 AM
146	Log every day and log everything. There is no point to being on PT if you modify your logs to 'look good'.	Jan 12, 2010 3:36 AM
147	Read as much as you can! Lots of great info. Join a few groups and a few teams. Log every day and stay active with your groups.	Jan 12, 2010 3:45 AM
148	Keep talking, even though no one answers. Talking about what should be done and what you want accomplished puts you in a good frame of mind.	Jan 12, 2010 3:54 AM
149	Give it a try.	Jan 12, 2010 4:14 AM
150	Keep your mind open	Jan 12, 2010 4:15 AM
151	just trust the process	Jan 12, 2010 4:30 AM

Response Text		
152	It's OK to go slow. Slow and steady make sense. First figure out exactly what you are eating and how much. Then figure out what you really like out of everything you are eating. Give up nothing that you absolutely love, but give up all of the empty calories that you really don't really yearn for. These two processes can help people figure out what patterns they are following, and what kinds of small changes can make a difference. Once you start seeing results, you will be motivated to change more.	Jan 12, 2010 4:44 AM
153	use what you need and work thro different offerings,I've suggested to 2 people but don't think they are using you so far	Jan 12, 2010 4:46 AM
154	Join a group that logs regularly and log every day! Be totally honest about what you're eating and your exercise, and your struggles with your group.	Jan 12, 2010 4:47 AM
155	Take it one little step a time. There is lots of information so break it up!	Jan 12, 2010 5:51 AM
156	Go slow and ask questions.	Jan 12, 2010 7:03 AM
157	Try some of their idea but when you find something that works stick with it and ignore all the other information	Jan 12, 2010 7:07 AM
158	get the daily note.	Jan 12, 2010 8:22 AM
159	it makes you organised in loosing weight and u know more about your body and the food u eat and ur workout.. knowledge is power and that what u need to loose weight..	Jan 12, 2010 8:56 AM
160	To Log and write down goals	Jan 12, 2010 9:33 AM
161	Give it a go and be prepared to do some thinking about where you're going, whether you're serious about losing weight or getting fitter.	Jan 12, 2010 9:43 AM
162	Be sure to log in daily and write down everything you eat!	Jan 12, 2010 11:04 AM
163	don't get discouraged by the overwhelming amount of e-mails	Jan 12, 2010 11:29 AM
164	Just do it! Try PT! Use it! Log. Join groups and/or teams. Make friends. Be open to new information. Be an active PT member and you will not be sorry. There is so much to learn and gain from using all the resources that PT makes available to its members.	Jan 12, 2010 12:26 PM
165	Take things one day at a time, celebrate the small successes, and don't be afraid to ask for help...oh and LOG...which I haven't been doing and I'm paying for it in POUNDS!	Jan 12, 2010 12:31 PM
166	To jump in with both feet and commit to every idea.	Jan 12, 2010 1:04 PM
167	Be consistent.	Jan 12, 2010 1:29 PM
168	I do admit it's hard in the beginning to workout every day , you have to push yourself everyday .You have Imagine looking good how you'd feel in those smaller set of clothes . Your toned body ,also appreciation from your family members ( I do see it everyday my husband said "I never thought you could do it , I am amazed by your transformation"). Now after a loss of 30 pounds I feel I can handle them all family,kids ,etc and still have energy to play with my kids .	Jan 12, 2010 2:02 PM
169	LOG HONESTLY!!	Jan 12, 2010 2:08 PM
170	That not everything will apply to your situation, but at some point, you'll find helpful relevant information.	Jan 12, 2010 2:22 PM
171	start slow, don't give up. Slowly build up. Log, Log, Log and meet new people, encourage each others.	Jan 12, 2010 2:22 PM
172	Be honest. You can look back on what worked well for you and what didn't.	Jan 12, 2010 2:27 PM
173	lay off the sodas! haha try to eat moer veggies and healthy food..	Jan 12, 2010 2:30 PM
174	Not to get overwhelmed. Plan, as much as possible, what you will be eating for the day. Write it down. I try to think through basically what I will eat early in the day, and write it down.	Jan 12, 2010 2:32 PM

Response Text		
175	Tip of the Day, and using the many links you give us. They're helpful. There's always Something for everyone, and pretty interesting.	Jan 12, 2010 2:41 PM
176	Give it time, try to log often. If you fall off, come back and try it again. It really helps to relate with others and get ideas from them, including food, exercise and state of mind.	Jan 12, 2010 2:56 PM
177	Come in with an open mind and force yourself if necessary to give suggestions a fair shot.	Jan 12, 2010 3:30 PM
178	Be ready to digest a lot of material	Jan 12, 2010 3:38 PM
179	Post comments and log on daily! It doesn't help when there are group members who don't log on at all.	Jan 12, 2010 4:07 PM
180	Take it slow and never give up!	Jan 12, 2010 4:08 PM
181	be patient with your group. sometimes it takes a while to find just the right mix of people to click for you	Jan 12, 2010 4:15 PM
182	Log, daily and everything. Don't be embarrassed! No one who is overweight hasn't had moments of losing control with food or making bad choices!	Jan 12, 2010 5:11 PM
183	If they can't commit to anything but reading through the tips of the day....that will change their outlook about weight loss and healthy in the most positive way!	Jan 12, 2010 5:42 PM
184	Rome wasn't built in a day. results will be slow but worth it.	Jan 12, 2010 6:14 PM
185	Stick with your group, even if you only post once a week. Start to get to know the people in your group and make friendships so you can truly support one another.	Jan 12, 2010 6:36 PM
186	Do what works for you. Ask questions maybe someone in marketing from peer trainer will follow through or someone will post.	Jan 12, 2010 6:37 PM
187	To log, log, log, EVERY day. just knowing what is going in your body will automatically encourage most people to make better decisions.	Jan 12, 2010 6:54 PM
188	Like I have read on here--be as kind and understanding of yourself as you are to others. Forgive your mistakes and celebrate your successes no matter how small they are.	Jan 12, 2010 7:28 PM
189	try to check tips daily it gives you little snippets that are easy in incorporate a little at a time	Jan 12, 2010 7:29 PM
190	Read as much as you can. Sign up for all that you can. Explore the site first before signing on to the 12 week point of no return program and if u find it's a good fit then absolutely sign up.	Jan 12, 2010 7:31 PM
191	Find a solid 4 person group and go private with it. Move around until you find people who will write at least every few days and not just playing but are serious.	Jan 12, 2010 7:44 PM
192	Keep exploring the PeerTrainer website, you will find helpful supportive resources that will resonate with you. Keep connected.	Jan 13, 2010 12:04 AM
193	read the blogs, others have been there so you need their inspiration.	Jan 13, 2010 12:15 AM
194	Join the Point of No Return, join at least two groups of four people. Those groups are what are helping me to continue to make healthy choices and help me if I am wavering.	Jan 13, 2010 1:50 AM
195	Find a team that has a consistent weigh-in, like a ww meeting almost--be held accountable--LOG!!!	Jan 13, 2010 3:34 AM
196	To read the daily emails because that it what has kept me inspired.	Jan 13, 2010 3:35 AM
197	Keep at it, write things down no matter what. And focus on the positive not just the negative.	Jan 13, 2010 5:12 AM