

# The Cheaters Cheat Sheet

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Sweat Fitness and Wellness, Inc

## The Check List

- \_\_\_ Is my cheat pre-packaged?
- \_\_\_ Do I have **just enough** (no bulk buys) til the next grocery run?
- \_\_\_ Is this EXACTLY what I'm looking for? Close enough?
- \_\_\_ At what time of day am I implementing this cheat?
- \_\_\_ What is this cheat answering to? Hormones? Stress? Replacing habit?  
General craving?

## Getting Gritty Reminders

### 1. Don't compare your start to your finish!

- a. You may need cheats more often than you imagined at first

### 2. Are you eating enough protein and fiber?

- a. Hunger hormones can be calmed by adding meats and high fiber veggies and fruits.

### 3. You are working on a skill.

- a. Skills require practice to master.
- b. Practice means you can't get things right immediately.
- c. Failing is what will tell you what you're supposed to be practicing.
- d. It is natural and expected to struggle at the beginning of a skill.

### 4. Deprivation is not a skill.

- a. Deprivation recruits will power all of the time.
- b. Will power is an expendable resource.
- c. You still need skills to pull off more moderate versions of deprivation.