

Meal planning should start to become a habit as opposed to the chore it was at the beginning of the program. It should be easier to stick to your plan because you are taking into account all aspects of your life that affect your meal plan. The next step in meal planning is to become more savvy in the grocery store. One of the best ways to stay smart at the grocery store is to develop your grocery list according to your meal plan (and stick to it). This will help keep those unnecessary foods out of your house and save money. It is a fact that those women that shop from a list save money at the grocery store (the amount depends upon the person). Click on this American Heart Association link <http://www.americanheart.org/presenter.jhtml?identifier=3071605> to learn more about grocery shopping and making better choices in the grocery store.

Your training plan will stay the same as last week as we really turned it up a notch. Continue to challenge yourself and check your heart rate periodically to ensure that you are getting the most out of your workouts. Your heart rate should be within the target heart rate range indicated on the training plan.

If you haven't already done so, email your success to Tracy so we can share it; your story can serve as an inspiration to those that may be struggling to make health a part of their lifestyle. Remember to email us at [gottamove@katctv.com](mailto:gottamove@katctv.com) to subscribe to receive weekly recipes and words of encouragement from Dawn. If you have subscribed to receive weekly recipes and have not received anything, subscribe again to ensure we have the correct information.

In Health,

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Personally Fit