How I lost 200lb+
(by making small changes guided by self-reflection)
I know what a healthy diet is. But how do I change?
I made a small change.
Kept it up.
My diet and lifestyle evolved.
Weekly Weight-loss Year 1

I lost 215lb in 18 months (2.8lb/week average)
Blog

Feedback loops: weight + self-reflection

Accountability

Motivation
Change is hard.
Jiggly Man Boobs
Hard → Easy → Habitual
Redefine normal
Setup a blog
Make small changes
Figure out why you fail
Make it easier
Redefine your normal
This worked for me.
What about others?