

Participating in AT7 has literally changed my life. Overeating has been a life-long affliction for me, and in the beginning of AT7 I didn't really believe I would ever be able to escape my bondage to food. I was, however, willing to keep working and trying to find a solution that would work for me. I have successfully overcome this barrier, my confidence in all areas of my life has increased, and I've learned the skills necessary to make this change permanent in my life.

Throughout AT7 I focused on the concept of 'an experiment of one' and worked to identify and practice the key behaviors of success for me. Each and every week I identified a primary and secondary goal behavior, and once I achieved that weekly goal I set a new goal habit to develop. These habits including things like 'successfully landing a fast at dinner time (without overeating)', 'eating 3 meals a day with no snacks', 'eating single servings of hot button foods', etc. The point of these goals was to teach me how to succeed, not to just add legalism around how I eat. By practicing these different behaviors I proved to myself what was possible, and it gave me the confidence to be flexible. This confidence blossomed because I had, for example, successfully fasted for 24 hours, 48 hours, ate candy bars without binging, ate 2 meals a day, ate 4 meals a day, etc. And when I failed to reach a goal I had the courage to try something new, and to stop judging myself as 'bad' or 'good' based on my dietary habits.

My physical transformation is not over, yet in the past 14 weeks I've lost 60 pounds and have lost fat that I've been carrying since high school (I entered college at 185 pounds). Day in and day out 14 weeks of work is difficult, and yet in many ways this was the easiest weight loss I've ever experienced. I stuck to the workout plan (MBF), managed my calorie budget weekly, and ate what I wanted as long as it was within budget.

Thank you for the opportunity of participating in this contest. The contest helped me stay on course and gave me a deadline to shoot for. I stumbled a couple times in 12 weeks, but getting back up taught me quite a bit and prepared me for more difficult challenges in the future.