

## A Collection of Free Weight Loss Motivation Resources to Help You Meet Your Goal to Lose Weight

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Compliments of

[Fuel My Motivation](#)

The Place to “Get Your Motivation” On

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Losing weight is always challenging. This is why weight loss motivation, along with the appropriate tools and planning, is so important to increase your chances for lasting success.

Let’s start by making a pledge to your success. By committing, on paper, your determination and willingness to succeed, you’re more likely to accomplish your goals. Download the [weight loss motivation pledge](#), fill in the blanks, sign it, date it, print it out, and keep it where you can refer to it often.

As a firm believer in the power of motivation, visit the Fuel-My-Motivation [weight loss motivation page](#) and take advantage of the free quotes, affirmation, videos, and articles. Additionally, below I have gathered several free weight management resources you should use for your advantage. They are from reputable sources so I highly recommend them. Best of all, they are free.

Following are several weight management tracking tools on Fuel-My-Motivation just for you. Download them and use them daily. One of the

best ways to lose weight is to monitor and track progress so you can easily discover what works and what doesn't.

1. [Nutrition Log](#)
2. [Exercise and Food Log](#)
3. [Exercise Activity Log](#)

Following Are Free Resources From Other Sources:

1. Google offers a free calorie tracker. Here is the [link](#). Bookmark it and use it.
2. Next, WebMD offers several awesome weight management tools.
3. They offer a free [food and fitness planner](#). On this webpage you will find a Food-o-Meter which provides calories for over 37,000 foods and drinks.
4. You'll also find a Fit-0-Meter. This is an extremely important tool as all types of physical activity counts towards exercise and fitness. So take advantage and use this tool as it will tell you how many calories you can burn performing everyday task you do anyway.
5. Be sure to take advantage of the [BMI Plus Calculator](#) which measures body fat.
6. Use the [Fiber-o-Meter](#) to calculate the amount of fiber in your meals.

A Special Gift for You:

Take a few minutes to read [7 Keys for Success](#). It will help you understand what it takes to succeed. Use it as that extra boost of motivation as you get started.

Lastly, I strongly encourage you to sign up to receive a free [positive motivational quote](#) each day. It'll help keep you in a more positive frame of mind as well as give you that extra motivation on days you really need it. So get your daily motivation [now](#).

Here's wishing you weight loss motivation success,

A handwritten signature in black ink that reads "Kim" followed by a long horizontal line ending in a small arrowhead.

Kim Brevard

[Fuel-My-Motivation.com](http://Fuel-My-Motivation.com)