

# SIMPLE Method Weekly Focus Template

*A 6-week progression for active, midlife women navigating weight loss through menopause.*

This guide was created for women like you - smart, active, and tired of confusing, hormone-based weight loss advice. The SIMPLE Method is not a trend. It's a grounded, sustainable system built on previous and current science and decades of experience.

Each week, focus on one letter. Apply the weekly task in your real life. Keep it doable. Keep it consistent. Revisit any time.

Week	Letter	Meaning	Focus Task
1	S	Setup	Set up your environment. Plan meals, schedule workouts, and clear distractions.
2	I	Implement	Decide how you'll engage. Will you track, check in, or reflect daily?
3	M	Mindset	Notice your self-talk. Reframe setbacks. Practice realistic encouragement.
4	P	Perseverance	Stick with your process. Expect plateaus. Remind yourself why you started.
5	L	Lifestyle	Choose one habit to anchor: sleep, hydration, walking, or prep time.
6	E	Evolve	Reflect. What worked? What didn't? What will you carry forward next week?

## Instructions:

Start where you are. Print this sheet or copy it into a journal. Use it as a weekly guide or return to it when you feel off track. There's no perfect pace, just progress.

Want to go deeper? Use each week as a journaling prompt. Write about what showed up, what worked, and what needs attention. This is a practice. Not a pass/fail test.

Link to the full blog:

<https://gofitlife.ca/simple-method-for-women-navigating-weight-loss-through-menopause/>

Need help? Reach out to me. Email: [tammy@gofitlife.ca](mailto:tammy@gofitlife.ca)

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