

# Your Bariatric Journey Starter Guide: What No One Tells You

(But You Need to Know)



**Bariatric Paths**  
• YOUR JOURNEY, YOUR WAY •

For pre-op, post-op, non-op, and every  
path in between

[www.BariatricPaths.com](http://www.BariatricPaths.com)

# Welcome Letter from Jatoyia

Hey you,

First, breathe. You're here, and that matters.

No matter where you are on your journey: thinking about surgery, already post-op, trying non-surgical options, or just figuring it all out, you belong.

I created Bariatric Paths because I couldn't find a space that felt honest, supportive, and real. Not polished. Not perfect. Just real. A place where someone could say, "This is hard," and still feel seen.

This guide isn't about rules. It's about understanding yourself, giving yourself grace, and building a foundation that fits your life.

You don't have to have it all figured out.  
You just need to take the next right step.  
And the best part? You don't have to take it alone.



Let's walk this path together,

A stylized, handwritten signature in black ink, which appears to read 'Jatoyia'.

**Jatoyia Armour**

**Founder of Bariatric Paths**

**Host of the Bariatric Paths Podcast**

# Where Are You Right Now?

**Check the box that fits you best:**

- ☐ I'm just starting to think about weight loss surgery
- ☐ I'm pre-op and nervous about what's ahead
- ☐ I've had surgery but still feel lost sometimes
- ☐ I'm trying to lose weight without surgery
- ☐ I've been on this journey for a while, but it still feels new
- ☐ I don't know where I fit. I just know I need support

**No matter what you checked, this space is for you.  
There's no perfect path. Just your path.**

**YOU MIGHT GRIEVE FOOD  
LIKE A RELATIONSHIP.**

It's not just hunger.  
You're letting go of  
habits, comfort, and  
sometimes identity.  
That takes time.

**ENERGY CRASHES ARE  
REAL.**

Your body is adjusting,  
your fuel is changing,  
and you won't always  
feel like doing  
everything. That's  
normal.

**WHAT NO  
ONE TELLS  
YOU**

**BODY IMAGE DOESN'T  
MAGICALLY FIX ITSELF.**

You might lose weight  
but still feel like your old  
self when you look in  
the mirror. Mental work  
is part of the process  
too.

Let's get real. These are the things  
most people don't talk about, but  
you're probably going to feel at some  
point.

**SUPPORT CAN MAKE OR  
BREAK YOUR PROGRESS.**

This journey is hard to do  
alone. Finding the right  
tribe can be the difference  
between burnout and  
breakthrough.

**PEOPLE WILL SAY WILD  
THINGS TO YOU.**

"You took the easy way  
out."

"You look sick."

"Are you even allowed to  
eat that?"

Get ready. Protect your  
peace.

**NEED A SPACE THAT GETS IT? YOU ALREADY FOUND  
IT.**

**STICK WITH US. WE'VE GOT YOU.**

# LET'S TAKE A MOMENT

Before you dive into the how-to stuff, take a breath and get honest with yourself. Your answers will guide everything that comes next.

1

. What do I really want from this journey?  
(Weight loss? Energy? Confidence? Peace?)

2

What has scared me the most so far?  
(Failure? Regain? Judgment? The unknown?)

3

What does success actually look like for me?  
(Not a number. A feeling. A lifestyle. A moment.)

**There are no wrong answers. Only real ones.**  
**This is your journey. Own it your way.**

# Weekly Overview

“Every small step leads to BIG results!”


















































Weight Last Week	
Weight This week	

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Water Intake:  
(8 oz per drop)

Exercise Tracker

Vitamin  
Check

S							
M							
T							
W							
T							
F							
S							

S  
M  
T  
W  
T  
F  
S

Activity	Duration

S	<input type="checkbox"/> Y <input type="checkbox"/> N
M	<input type="checkbox"/> Y <input type="checkbox"/> N
T	<input type="checkbox"/> Y <input type="checkbox"/> N
W	<input type="checkbox"/> Y <input type="checkbox"/> N
T	<input type="checkbox"/> Y <input type="checkbox"/> N
F	<input type="checkbox"/> Y <input type="checkbox"/> N
S	<input type="checkbox"/> Y <input type="checkbox"/> N



# YOU DON'T HAVE TO DO THIS ALONE

This journey can feel lonely. That's why we built a space just for us. A space where people understand what it feels like to start over, to struggle, and to win.

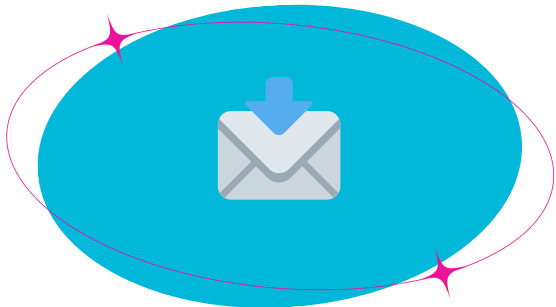
You're invited to join the Bariatric Paths community.



## LISTEN TO THE PODCAST

RAW STORIES, EXPERT GUESTS, AND REAL CONVERSATIONS ABOUT THE BARIATRIC LIFE.

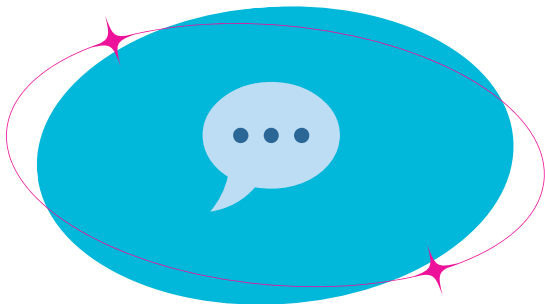
[SUBSCRIBE HERE](#)  
[YOUTUBE CHANNEL](#)



## GET ON THE EVENT WAITLIST

WANT TO MEET OTHER BARIATRIC WARRIORS IN PERSON? OUR FIRST LIVE EVENT IS COMING OCTOBER 2025.

[SIGN UP FOR WAITLIST](#)



## JOIN THE FACEBOOK GROUP

SUPPORT, ADVICE, AND SAFE CONVERSATIONS—ANY TIME YOU NEED IT.

[BARIATRIC PATHS: YOUR JOURNEY, YOUR TRIBE](#)

# One Last Thing...

If no one has told you this yet  
I am proud of you.

Whether you've lost 5 pounds or 150...  
Whether you're meal prepping or just making it through the day...  
Whether you're thriving or just holding on...

You are still on your path. And that matters.

You don't need to be perfect to be making progress.  
You don't need to shrink to deserve love.  
You don't need to have all the answers to take the next step.

You just have to keep going.

Stay connected:  
Instagram: @BariatricPaths  
Podcast: [Link here](#)  
Email: [Podcast@BariatricPaths.com](mailto:Podcast@BariatricPaths.com)

Your journey is yours. And you don't have to walk it alone.  
We're in this with you. Let's keep going.



**Jatoyia Armour**  
**Founder, Bariatric Paths**  
**Host, Bariatric Paths Podcast**