

The Korean Diet Plan Checklist

10 Things you have to ask yourself before starting the Korean diet.

1. Do you have to lose weight?
2. How much weight do you have to lose?
3. Are you willing to stick to the diet plan?
4. Do you enjoy dancing?
5. Do you work out?
6. Why do you want to lose weight?
7. Do you want to look like your favorite Kpop idol?
8. How much time can you invest in your workout?
9. Can you resist certain foods?
10. What is your exact aim?