

Goals should be meaningful, high-impact, achievable.
Take on small, reasonable goals first. Just improve the quality of your diet to start.

Example Focus Areas for Actions and Process Goals:

Alcohol or Marijuana

consistent meal timing & intake

Fueling for the day

What did you eat before? What's happening later? How active is your Day? When will you be fueling and recovering?

Tracking Intake on MyfitnessPal

Portions

Condiments

Eating Out- compiling list of go-to's and pre-planning

Hunger

Overfed/Undernourished

Meal Timing

Specific foods

Fruit and vegetable intake

Filling up on Fiber

Mindless/Mindful Eating

Carb control

Portions

Carbs, Protein and Fat

Social/Familial Influence

Cooking/Preparing/Shopping

Environment

Cues, Triggers

Addiction

Substitutions

Meat- lean meats in place of fattier meats

Dairy- reduced fat or milk substitutes

Type of Grain- whole grains vs. refined

Alcohol

Stress

Sleep

Additives/Preservatives/Caffeine/Sweeteners

Exercise

Strength vs Cardio – Lean Mass vs Calorie expenditure
Benefits: Weight, Health, Stress, Hunger
Enjoyment and Adherence

Frequency, Intensity, Time, Type (FITT)

Enjoyment/Pleasure/Flavor
Herbs, Spices, Vinegars, Variety

Strategies for meeting goals:

Pre-Planning for social events and meetings

Setting up your environment- make healthy choices easy and unhealthy behaviors hard to carry out

Positive Triggers and Cues - e.g. reminders, calendar or real appointments

Identifying/planning substitutions- at home and when eating out

Diluting (having small amount of indulgent/high calorie food, but filling up on wholesome, high fiber food)

Distractions

Strategies that satisfy two competing desires e.g. watching t.v. on treadmill

Composition of Meals/Balanced in carbs,protein and fat

Recipes- research and experiment with convenient, healthy, tasty foods

What is the most high impact area you've thought about?

After using MyfitnessPal, What are the most calorie-dense foods you eat regularly?