



## Reflection & Planning around Weight Management

Do you understand how to lose weight? *Knowledge is the first step. Experience is the greatest teacher.*

Have You Tried Losing Weight Before? How Many Times?

How Long and How Significant Was Your Biggest Success?

What Methods Did You Use In That Situation?

What Worked/Helped? (Stick to what works)

What Was/Is the Hardest Part of losing weight?

\*\*\*planning is usually a significant challenge. With a goal like eating healthy, planning is critical. It takes knowledge, time, organization, execution of multiple potentially tedious tasks over and over again for as long as you want to reap the benefits and avoid the drawbacks. A big part of discovering a plan that will work for you is just going for it, learning what works and how to improve processes along the way. Break your goal down into processes. ASK: What do you need (want) to do? What resources do you have? What are you willing to give up/invest? \*\* time, money, taste, effort/work etc. Is the effort and sacrifice worth the long-term benefits of weight loss, health, feeling good, looking good, fitness, productivity, etc.?

## Psychology and Behavior Change

(develop discrepancy)

(acknowledge ambivalence)

If you have two conflicting behaviors, Ask: Can you satisfy both desires? e.g. watching T.V. on the treadmill. or cooking healthy, delicious recipes. If you can't, What is more important? Make a pro-con list

Reasons Why You Want to carry out behavior

VS.

Reasons Why You Want to Discontinue Behavior

(cope with fears and soften the difference between the opposing desires/actions) we often exaggerate our fears

Don't picture failure, picture success. Ask: What is the worst that could happen if I try and fail? You won't be any worse off. You'll have knowledge and experience to have better success on the next attempt.

## Practical Strategies - Set up your Environment

\*Positive Triggers & Cues for Behavior - alarms, calendar appointments, reminders, sticky notes, physical reminders (e.g. want to drink more water? keep a water bottle at home and at your desk) make it a priority

\*Eliminate negative Cues, Triggers and avoid environments that do not support desired actions.

-e.g. (take a different way home from work, plan ahead, have a list of go-to options available, pack lunches and snacks)

\*Dilute (lessen degree of behavior, add veggies as healthy filler to everyday foods, spread food out over time)

\*Substitute (choose a similar or equally satisfying food with less calories) e.g. tea, gum, lettuce wrap v.s. tortilla wrap

\*Distract (listen to music, go for a walk, call someone, etc. )

\*Enjoy yourself

## **Self-monitoring**

**How will we track progress and stay accountable?:** Method and support tool/person/people

Journaling

Follow-up appointments

Group program

Weigh-ins

Measurements, pics, etc.

# My Weight Loss Plan

**Start Date:** Day \_\_\_\_\_ Time \_\_\_\_\_ Weight \_\_\_\_\_

Energy Needs: \_\_\_\_\_ Protein Needs \_\_\_\_\_ Carbs \_\_\_\_\_ Fat \_\_\_\_\_

SMART Long Term Goal

SMART Short Term Goal (1-2 weeks)

**Action(s) I will focus on to meet my short term goal:**

1.

2.

3.

Plan out the processes behind each action. Describe what you will need to do in order to carry out the action, how you will do it, when, how often, etc. What obstacles you will face. Do you need to do research first?

e.g. cooking requires shopping, cookware, time to shop & cook, recipes, clean up, etc.

**Support Persons:** (Could be another person or myself; could someone lose weight with you? Are there people who could sabotage your weight loss?)

How will you check-in or measure how you are doing carrying out the necessary actions? Set a date and calendar reminders to check in.

Assess progress, what went well, what didn't, evaluate and modify plans as necessary.