



WELLNESS WORKSHEET 79

Getting Started on a Weight-Loss Program

Part I. Identifying Reasons for Losing Weight

If you have decided that you want to lose weight, establishing your personal reasons for this decision will help you remain committed to your program. Check the reasons listed below that are important to your decision. If your most important reasons aren't included, add them to the list.

	Important	Ranking
1. Follow my doctor's advice.	_____	_____
2. Wear a smaller clothing size.	_____	_____
3. Improve my appearance.	_____	_____
4. Feel more assured and attractive.	_____	_____
5. Feel healthier and more in control of myself.	_____	_____
6. Firm up muscle tone.	_____	_____
7. Improve sports performance.	_____	_____
8. Please someone who is important to me.	_____	_____
9. Help reduce low-back pain.	_____	_____
10. Lower high blood pressure.	_____	_____
11. Lower cholesterol and/or triglyceride levels.	_____	_____
12. Increase high-density lipoprotein cholesterol.	_____	_____
13. Help control diabetes.	_____	_____
14. Have more energy and increase stamina.	_____	_____
15. Reduce risk of circulatory disease.	_____	_____
16. _____	_____	_____
17. _____	_____	_____
18. _____	_____	_____

Next, assign a ranking (1 is most important, 2 is next) to each of the reasons you have identified. For your top two reasons, write out below why these are your most important reasons. Do you think these reasons will help motivate you to start and stick with a weight-loss program? Why? Can you develop any strategies for using these reasons in your program (e.g., as rewards or written out and taped to the refrigerator as reminders)?

(over)

Part III. Identifying and Developing Strategies for Managing Common Eating Problems

By analyzing your daily food journal, you should be able to identify patterns of behavior that can contribute to overeating. For each of the groups of statements that appear below, check those that are true for you. If you check several statements for a given pattern/problem, it will probably be a significant factor in your weight-control program. Possible strategies for dealing with each type of problem are given. For those eating problems you identify as important, add your own ideas to the strategies listed.

- ___ I often skip meals.
- ___ I often eat a number of snacks in place of a meal.
- ___ I don't have a regular schedule of meal and snack times.
- ___ I make up for missed meals and snacks by eating more at the next meal.

Problem: Irregular eating habits

Possible solutions:

1. Write out a plan for each day's meals in advance. Carry it with you and stick to it.
2. _____

3. _____

- ___ I eat more than one sweet dessert or snack each day.
- ___ I usually snack on foods high in calories and fat (chips, cookies, ice cream).
- ___ I drink regular (not sugar-free) soft drinks.
- ___ I choose types of meat that are high in fat.
- ___ I consume more than one alcoholic beverage each day.

Problem: Poor food choices

Possible solutions:

1. Keep a supply of raw vegetables handy for snacks.
2. _____

3. _____

- ___ I always eat everything on my plate.
- ___ I often go back for seconds and thirds.
- ___ I take larger helpings than most people.
- ___ I eat up leftovers instead of putting them away.

(over)

WELLNESS WORKSHEET 79 — continued

Problem: Portion sizes too large

Possible solutions:

1. Measure all portions with a scale or measuring cup.

2. _____

3. _____

_____ I read or watch TV when I eat.

_____ I eat more or snack when I'm with a certain group of people.

_____ I always grab a snack between classes or when I walk through the kitchen.

_____ I buy a cookie or doughnut every time I walk by the student union.

Problem: Environmental cues trigger eating

Possible solutions:

1. Eat only in one place and do nothing else while eating.

2. _____

3. _____

_____ I tend to eat more when there's too much work to do.

_____ Eating has a soothing effect when I'm troubled.

_____ I like to eat when I'm lonely, frustrated, or anxious.

_____ I'm liable to eat more if I'm annoyed after a bad morning or a bad day.

Problem: Food used to replace or deal with feelings

Possible solutions:

1. If you have a lot of work to do, stop and make a schedule for finishing it.

2. _____

3. _____

Did you discover any other patterns from your food journal that are contributing to overeating? If so, describe them below and give possible strategies for changing them.