### My Take Home Action Plan
### Session 3: Supportive Environment

**MINDFULNESS FOCUS**

1. I will review the handout, “Strategies For Getting Support From Family/Friends”.
2. I will identify folks (classmates, co-workers, family members, mentors, etc.) who are supportive of my weight loss efforts.
3. I will ask for support with my weight loss goals. I will start with being very clear and specific on how friends and/or family can support me.

**ACTIVITY FOCUS**

1. **What type of exerciser am I?** (A loner, a “groupie”, or both?)
   - I will find creative ways to tap into different exercises and look for ways to make exercise more fun and enjoyable.
     - Try a group class.
     - Download a fitness app.
     - Get outside.
     - Listen to music to keep you motivated.
2. **What are some ways I can turn “idle time” into “active time”?** (i.e., exercise while watching TV, take the stairs, or go to bed 30 minutes earlier and wake up 30 minutes earlier to exercise, etc.)

**NUTRITION FOCUS**

1. **I will follow the shopping strategies discussed** (make a menu and corresponding grocery list). I will avoid going to the store overly hungry.
2. **I will make-over my kitchen.**
   - Take before and after photos of my kitchen transformation.
   - Don’t buy tempting foods or move them to a different (hard-to-reach) location. Pre-portion tempting foods to avoid mindless eating.
   - Keep cut-up fresh veggies and fresh fruits located “front and center” in your refrigerator.
3. **When Dining Out:**
   - Review the menu in advance.
   - Skip the bread basket and/or endless chips.
   - Split/share an entrée.
   - Request a “to-go” box.
   - Order dressing and sauces on the side.
   - Choose “Go For Green” Choices when in the dining facility.

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**GET SMART:**

- **Smart**, **Measurable**, **Action-based**, **Realistic** and **Time-bound**
- I will follow the shopping strategies discussed (make a menu and corresponding grocery list).
- I will avoid going to the store overly hungry.
- I will make-over my kitchen.

Nutrition Handout N06 TA-410-0717 Approved for Public Release, distribution unlimited
SMART GOAL STARTERS AND EXAMPLES

**MINDFULNESS**

1. I will look for ways to work together with my family/friends to make this weight loss journey a little easier.

2. I will prepare my own meals if necessary using lower-fat/lower-calorie cooking methods and ingredients.

3. I will still enjoy meals with family/friends, but I will pay closer attention to my own portion sizes (I’ll serve myself), and avoid going back for seconds on higher-fat/higher-calorie foods.

4. I will look for “non-food” ways to enjoy time with family and friends. Ideas include:

   ___________________________________________________________
   ___________________________________________________________

**ACTIVITY**

1. I will look for ways to make exercise the most enjoyable by:
   - Signing up for an activity challenge (run/walk, swim, triathlon, etc.).
   - Trying a group class.
   - Downloading a fitness app and schedule/routine.
   - Participate with an exercise video.
   - Listening to my favorite music to stay motivated while exercising.
   - Exercising with a friend/family member.
   - Go outside to exercise.

2. I will turn “idle time” into “active time” by:
   - Getting active during commercial breaks if I’m watching TV.
   - Going to bed earlier and waking up earlier to exercise.
   - Taking the stairs in my building whenever possible.
   - Parking the car farther away from entrances.
   - Walking/biking/jogging to do errands when possible.
   - Instead of just sitting and waiting at the airport or at ___________ (i.e., kids soccer practice), I will walk for ___________ minutes while waiting.

   Other:
   ___________________________________________________________
   ___________________________________________________________

**NUTRITION**

1. I will make a weekly menu and corresponding grocery list to bring to the grocery store.

2. I will make-over my kitchen, refrigerator, and/or pantry (circle areas you’d like to change) in order to make healthy food more accessible/visible and unhealthy food less visible/accessible.
   - Take before and after photos of my transformation.
   - Remove all clutter and junk food from countertops and refrigerator.
   - Put “splurge” foods in an inconvenient location.
   - Wash, peel/cut-up fresh veggies (or purchase pre-prepped), and put them toward the front of the refrigerator where I can see them when I open the refrigerator.
   - Pre-portion “tempting/favorite” snack foods to avoid mindless eating.
   - Limit purchases of unhealthy food.

3. When dining out, I will still enjoy my meal, but I will avoid mindlessly eating by:
   - Declining the bread/chip basket or moving it across the table.
   - Requesting a “to-go box” be provided along with my meal.
   - Ordering dressing/sauces on the side so that I can control the portions/calories.
   - Splitting/sharing an entrée or dessert with a friend or relative.
   - When I feel satisfied, and there is still food on my plate, I will signal the end of my meal by: ___________ (covering plate, my crossing fork/knife over my plate, signaling for water/waitress, etc.).

Try to get necessary support from family/friends

Aim for 10,000+ steps each day OR 200+ minutes of aerobic exercise / wk.

Set up a healthier food environment to avoid mindless eating!