

My Take Home Action Plan

Session 3: Supportive Environment

GET SMART:

Smart, Measurable, Action-based,
Realistic and Time-bound

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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.

1. I will _____
- _____
- _____
- _____
- _____
- _____

Try to get necessary support from family/friends

ACTIVITY FOCUS

1. What type of exerciser am I? (A loner, a "groupie", or both?)
2. 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.
3. 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.)

1. I will _____
- _____
- _____
- _____
- _____

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

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, refrigerator, and/or pantry. I will make healthy food more visible and unhealthy food less visible.
 - 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 to arrive when your food arrives.
 - Order dressing and sauces on the side.
 - Choose "Go For Green" Choices when in the dining facility.

1. I will _____
- _____
- _____
- _____

Set up a healthier food environment to avoid mindless eating!

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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:

Try to get necessary support from family/friends

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:

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

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.).

Set up a healthier food environment to avoid mindless eating!