

My Take Home Action Plan

Session 5: Psychology of Weight Loss

GET SMART:

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

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MINDFULNESS

1. I will identify/recognize triggers that might encourage me to eat other than physical hunger. I will myself, "Am I really hungry?" "If I'm not really hungry, am I angry, tired, bored, lonely, sad, etc.?" I will try using the *Food and Mood Tracker* (handout) to pinpoint triggers.
2. Identify/recognize food cravings and work to mitigate them.
 - Get enough protein/fiber at meals/snacks to stay satisfied
 - "Urge surf" when a craving hits
 - Weaken habitual responses to food by delaying or distracting

1. I will _____

Identify/Recognize Food Triggers and/or Cravings and Learn to Better Manage Habitual Responses to Food

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ACTIVITY FOCUS

1. I will use activity to help manage food cravings/urges.
2. I will identify a quick and easy physical activity, instead of giving into a craving/trigger. Examples include:
 - Go for a walk
 - Listen to music and dance/clean house
 - Do some air squats, push-ups, triceps dip, etc.
 - Lift weights
 - Other: _____

1. I will _____

Get/Stay Active to Help Manage Food Cravings / Triggers

NUTRITION FOCUS

1. I will rate my hunger / fullness on a scale from 1 - 10 at every meal / snack for the next 3 - 7 days.
2. I will take at least 20 minutes to eat my meals. I will try using a timer or using a phone app. and stop eating when I feel satisfied NOT full/stuffed.
3. I will practice portion control and avoid mindless eating (front of the TV, in the car, at my desk etc.). I will think about the size of my serving plates/bowls/glasses and how it connects with my meal content, etc.)
4. I will continue to make healthier food more visible and accessible (more convenient) and unhealthy food less visible and less accessible (less convenient).

1. I will _____

Savor My Food and Eat When I'm Hungry and Stop When I'm Satisfied

SMART GOAL STARTERS AND EXAMPLES

GET SMART:

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Session 5: Psychology of Weight Loss

MINDFULNESS

1. Before I eat, I will ask myself:

- Am I really hungry?
- If I'm not hungry, am I bored, lonely, tired, angry, frustrated, sad, other: _____?
- If I'm not hungry and I'm feeling _____, I will address what is really bothering me in a constructive way (deal with the emotion instead of trying to calm/soothe with food).

2. I will eat my meals without external distractions (TV, Computer, Phone, etc.).

3. I will set a timer for 20 minutes and/or use a phone app to help me slow-down my eating. Once I'm satisfied (even if 20 minutes hasn't elapsed and there is still food on my plate), I will stop eating and signal the end of my meal (get up from the table, etc.)

4. If I have a food craving/trigger, I will delay and/or distract:

- Set a timer for 30 minutes
- Chew on mint, sugar-less gum
- Sniff a scented, non-food item
- Urge surf – recognize the craving as a thought and not a physical need that must be acted upon
- Drink water or unsweetened tea
- Go for a walk/exercise
- Pre-portion the food craving
- Other: _____

Identify/Recognize Food Triggers and/or Cravings and Learn to Better Manage Habitual Responses to Food

ACTIVITY

1. I will use activity (even just a 10-15 minute activity break) to help me manage my food cravings/triggers:

- Go for a walk, bike, swim, etc.
- Listen to music and dance/clean house/etc.
- Do some air squats, push-ups, tricep dips, etc.
- Lift weights
- Other: _____

Get/Stay Active to Help Manage Food Cravings / Triggers

NUTRITION

1. I will rate my hunger / fullness on a scale from 1-10 at every meal/ snack for the next 3 – 7 days. I will eat when I'm physically hungry (Level 3) and stop when I'm just satisfied (Level 5-6).

2. I will take at least 20 minutes to sit down and eat my meals without external distractions like the TV, computer, reading a book/magazine, cell phone, etc.

- Set a timer
- Use a phone app.
- Drink water between bites and/or put fork down and pause to check-in with self

3. I will practice portion control and avoid mindless eating:

- Eat my meals in a designated location (kitchen table or break room) without external distractions
- Reduce size of plates, bowls, glasses
- Portion snacks, meal components in advance
- Replace the candy jar with fresh fruit or sugarless, mint gum
- Decline the breadbasket when dining out
- Pick no more than 2 components to my meal when dining out; a) special drink b) appetizer c) meal or d) dessert, but not all 4 options!

4. I will make healthy food more visible/more accessible and unhealthy food less visible/less accessible:

- Don't buy unhealthy foods/snacks
- Hide unhealthy food/snacks
- Buy only individually portioned snacks or portion them ahead of time
- Keep healthy snacks/foods on hand (at home, work, etc.)

Savor My Food and Eat When I'm Hungry and Stop When I'm Satisfied