My Take Home Action Plan
Session 5: Psychology of Weight Loss

MINDFULNESS

1. I will identify/recognize triggers that might encourage me to eat other than physical hunger. I will ask 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

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: ____________________

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).

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

Get/Stay Active to Help Manage Food Cravings / Triggers

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

GET SMART:
Smart, Measurable, Action-based, Realistic and Time-bound

Nutrition Handout  N06 TA-410-0717  Approved for Public Release, distribution unlimited  FFP 5
SMART GOAL STARTERS AND EXAMPLES

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: ____________________

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: ____________________

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.)

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

Get/Stay Active to Help Manage Food Cravings / Triggers

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

GET SMART:
Smart, Measurable, Action-based, Realistic and Time-bound