

MY BEHAVIORAL PLAN

- Plan & prepare the week of meals on _____.
- Have healthy groceries on hand at work and home, etc. If healthy food is not available and easily accessible, you will likely make poor food choices.
- Eliminate trigger foods from home.
- Talk to my family about_____.
- Bring food to work instead of dining out.
- Talk to co-workers about_____.
- Allocate certain shelves in the pantry or certain sections of the refrigerator to store your food. This prevents family members' from eating your food.
- Develop new hobbies to eliminate over-eating due to boredom.
- Cope with stress by_____.
- Organize my schedule to allow better time management.
- Educate myself on healthy foods and exercise strategies. Seek consultation with professionals when needed.
- Improve my finances to allocate a budget for healthy eating. Healthy food costs more.
- Eat at dining room table only without any competing activities. Practice mindful eating (slow, focused eating).

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| <ul style="list-style-type: none">• Eliminate emotional eating• Eliminate recreational eating• Exercise everyday• Cope effectively with stress using healthy methods (relaxation, support from others, exercise, hobbies, time management, setting limits)• Recognize that weight management is a life-long pursuit! You must work on it daily. |
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