

RATE YOUR PROGRESS - MEETING # _____

Name _____ Date _____
Weight at Meeting # _____ pounds. Today's Weight _____ pounds. Plus/Minus _____ pounds.

RATE YOUR PROGRESS

4 = Part of your life and comfortable

3 = Aware and trying

2 = Improving but could do better

1 = Holding on to old habits

1. I am aware of food, weight, and measurements daily. _____
2. I slow down, put food on a plate, and take nickel-sized bites when eating. _____
3. I get a variety of Cereals, All-Vegetable meals, Soup meals. _____
4. I drink 8 (or more) glasses of water, hot or cold, daily. _____
5. I eat only when hungry. _____
6. I stop eating when no longer hungry. _____
7. I choose bread or beverage or dessert or alcohol, one of four or none. _____
8. I Skip and Scatter same category foods. _____
9. I use a suggested MEAL PLAN each day. _____
10. I know the MEAL PARAMETERS and GUIDELINES, and use them. _____
11. I count FILLERS each day and total FILLERS each week. _____
12. I eat one and two item meals with 4/5/6 items daily. _____
13. I choose a uniform portion size of all items. _____
14. I leave over food once a day or once a meal if appropriate. _____
15. I acknowledge all strong new habits as they become more comfortable. _____
16. I am aware of habits that *need work*. _____
17. I remember the reasons I want to reach my weight-loss goal. _____
18. I remember the reasons I want to be thinner. _____
19. I remember the negatives of overeating. _____
20. I remember the negatives of being overweight. _____
21. I enjoy the positives of eating the right amount for me. _____
22. I enjoy the positives of being a smaller person. _____
23. I am aware of new habits being formed, and old ones disappearing. _____
24. I review notes daily and adjust actions accordingly. _____
25. I keep on keeping on, and never stop trying. _____

Total _____

Rewrite into your logbook for daily review. Everything that's not a 4 should be put on a *needs work* page.