

**REVIEW - MEETING # \_\_\_\_\_**

1. Name \_\_\_\_\_ Date \_\_\_\_\_
2. How much did you weigh at meeting # \_\_\_\_\_? This morning? \_\_\_\_\_
3. How much did you lose? \_\_\_\_\_ pounds.
4. Was information that you received at the previous Meeting rewritten into your log book? Yes \_\_\_ No \_\_\_
5. If No, when will it be completed? \_\_\_\_\_

	<b>More Often Than Not</b>	<b>Could do Better</b>	<b>Seldom or Never Accomplished</b>
6. I keep a detailed log of food.	_____	_____	_____
7. I weigh daily a.m. and p.m.	_____	_____	_____
8. Assignments are reviewed daily.	_____	_____	_____
9. I anticipate and plan my food needs in advance.	_____	_____	_____
10. Before eating, did you ask: <i>Am I hungry or what?</i>	_____	_____	_____
11. If hungry, I put food on a plate and eat it with a knife & fork.	_____	_____	_____
12. If hungry, I create a meal lasting twenty minutes or more.	_____	_____	_____
13. I choose a Soup, All Vegetable, or Egg Meal once a day at lunch or dinner.	_____	_____	_____
14. I circle on my Food Log four Soups and All Vegetable <u>Dinners</u> and three Soup and All Vegetable <u>Lunches</u> .	_____	_____	_____
15. I choose hot cereal, cold cereal, or egg for breakfast.	_____	_____	_____
16. I choose bread or beverage or dessert or alcohol, one of four or none.	_____	_____	_____
17. I Skip and Scatter same category foods.	_____	_____	_____
18. If <u>not</u> hungry and thinking about food, I try to pinpoint the reason.	_____	_____	_____
19. If <u>not</u> hungry and thinking about food, I take a physical action to help the moment pass.	_____	_____	_____
20. If <u>not</u> hungry, and thinking about food, I talk myself out of it.	_____	_____	_____
21. If not hungry, and thinking about food, I do something to relax and refresh myself.	_____	_____	_____
22. I drink 8-10 glasses of water daily.	_____	_____	_____
23. I do many things to relieve tension and stress rather than using food for this purpose	_____	_____	_____
24. I incorporate as much physical activity into my life as possible by walking and/or moving more.	_____	_____	_____
25. No matter how difficult it is to accomplish the assignments, I go back on The Program.	_____	_____	_____
26. I review a page or two of my assignments, notes, goals, and food-log, once daily.	_____	_____	_____
27. I envision a <i>thinner</i> me and feed a <i>smaller</i> person.	_____	_____	_____
28. I will rewrite this entire sheet into my logbook for daily review.	<u>YES</u>	_____	_____
29. I will transfer the "could do better" items to a separate sheet and pick one or two each day to prioritize.	<u>YES</u>	_____	_____
30. I will email Caryl@ConquerFood.com _____ and leave my <i>morning weight</i> and a <i>positive story</i> .	_____	_____	_____