

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

**More Often  
Than Not**      **Could Do  
Better**      **Seldom or  
Never Accomplish**

- |  |            |       |       |
|--|------------|-------|-------|
| 6. I keep a log of food consumed.  | _____      | _____ | _____ |
| 7. I review assignments a few pages each day.  | _____      | _____ | _____ |
| 8. I weigh daily (a.m. and p.m.).  | _____      | _____ | _____ |
| 9. Before eating, I ask: <i>Am I hungry, or what?</i>  | _____      | _____ | _____ |
| 10. I always put food on a plate and eat with utensils.  | _____      | _____ | _____ |
| 11. I take nickel-sized bites.   | _____      | _____ | _____ |
| 12. When eating, I create a relaxing 20-minute meal.   | _____      | _____ | _____ |
| 13. I choose bread or beverage or dessert or alcohol, one of four or none.   | _____      | _____ | _____ |
| 14. I Skip and Scatter same category foods.  | _____      | _____ | _____ |
| 15. When eating, I choose food from the middle of the Meal Parameters list before choosing items from the top or bottom of the list. | _____      | _____ | _____ |
| 16. I drink 8-10 glasses of water each day.  | _____      | _____ | _____ |
| 17. Breakfast contains a variety of hot cereals, cold cereals or egg.  | _____      | _____ | _____ |
| 18. I have a Soup or All Vegetable or Egg meal once a day at lunch or dinner.  | _____      | _____ | _____ |
| 19. I circle on my Food Log four Soups and All Vegetable Dinners and three Soup and All Vegetable Lunches.                           | _____      | _____ | _____ |
| 20. I feed a smaller person and buy, order, prepare, serve and eat less food.  | _____      | _____ | _____ |
| 21. My <i>difficult</i> moments are less frequent, shorter in duration and diminished in quantity of food.                           | _____      | _____ | _____ |
| 22. If not hungry, but thinking of eating, I take as many action steps as necessary to help the moment pass                          | _____      | _____ | _____ |
| 23. I will rewrite this entire sheet into my logbook for daily review.   | <u>YES</u> | _____ | _____ |
| 24. I will transfer the “could do better” items to a separate sheet and pick one or two each day to prioritize.                      | <u>YES</u> | _____ | _____ |