

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 previous Meeting transferred to your log book? Yes ___ No ___
5. If no, when will it be completed? _____

	MORE OFTEN THAN NOT	COULD DO BETTER	SELDOM/NEVER ACCOMPLISH
6. I keep a detailed food log.	_____	_____	_____
7. I weigh daily (AM and PM)	_____	_____	_____
8. I am losing inches.*	_____	_____	_____
9. I review everything in my logbook a little each day.	_____	_____	_____
10. Daily food needs are anticipated and planned for accordingly.	_____	_____	_____
11. Before consuming any food, I ask: Am I hungry, or what?	_____	_____	_____
12. If truly hungry, I create a 20 minute, relaxing meal.	_____	_____	_____
13. If hungry, I put food on a plate and eat it with utensils.	_____	_____	_____
14. I choose bread or beverage or dessert or alcohol, ONE of four or none.	_____	_____	_____
15. I Skip and Scatter same category foods.	_____	_____	_____
16. If hungry, I choose foods from the middle of the MEAL PARAMETERS list before choosing items from the top or bottom of the list.	_____	_____	_____
17. I drink 8 -10 (or more) glasses of water daily.	_____	_____	_____
18. I choose a variety of Hot cereal, Cold cereal, or Egg for breakfast.	_____	_____	_____
19. Once a day at lunch or dinner I have a Soup, All Vegetable, or Egg meal.	_____	_____	_____
20. I seek a wide variety of foods, vegetables, and preparations.	_____	_____	_____
21. I circle on my Food Log four Soups and All Vegetable <u>Dinners</u> and three Soup and All Vegetable <u>Lunches</u> .	_____	_____	_____
22. If not hungry and thinking of food, I take as many steps (thought word, action) as necessary until the difficult moment passes.	_____	_____	_____
23. No matter what I have done, I get back on THE PROGRAM at the very next meal.	_____	_____	_____
24. I keep an ongoing tally of FILLERS for awareness of my PERSONAL PROFILE. I total FILLERS each week.	_____	_____	_____
25. ALL FOODS are scattered every other day, always at a different meal than the previous day.	_____	_____	_____
26. I use a SUGGESTED MEAL PLAN and <i>try</i> to make it happen.	_____	_____	_____
27. I do many things to relieve stress, tension, and boredom rather than using food.	_____	_____	_____
28. I buy, order, and prepare less food.	_____	_____	_____
29. I leave over, throw out or freeze leftover food, if appropriate.	_____	_____	_____
30. As I gain more energy, I walk and move more in general.	_____	_____	_____
31. Every food choice I make reflects my ultimate weight loss goal.	_____	_____	_____
32. I am feeding a <i>smaller</i> person.	_____	_____	_____
33. My <i>difficult</i> moments are less frequent, shorter in duration, and diminished in volume and ferocity.	_____	_____	_____
34. I will re-write these pages into my logbook for daily review.	<u>YES</u>	_____	_____
35. I will email Caryl@ConquerFood.com with a morning weight and a positive story.	_____	_____	_____

* You might want to measure various body parts once at the beginning and once at the end of your journey. I lost a shoe size, three ring sizes, as well as many clothing sizes.