

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

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

	MORE OFTEN THAN NOT	COULD DO BETTER	SELDOM/NEVER ACCOMPLISH
1. I copied all notes into one convenient logbook.	_____	_____	_____
2. I keep a detailed food log.	_____	_____	_____
3. I weigh twice daily (A.M. and P.M.)	_____	_____	_____
4. I review a few pages of my logbook daily.	_____	_____	_____
5. I anticipate my day and plan my food in advance.	_____	_____	_____
6. Before consuming any food, I ask: <i>Am I hungry, or what?</i>	_____	_____	_____
7. If hungry, I take nickel sized bites to create a 20 minute relaxing meal.	_____	_____	_____
8. I put food on a plate and eat with utensils.	_____	_____	_____
9. I make sure my mouth is empty before inserting more food.	_____	_____	_____
10. I choose Bread OR Beverage OR Dessert OR Alcohol, one of four or none.	_____	_____	_____
11. I Skip and Scatter same category foods.	_____	_____	_____
12. I choose food from the middle of the MEAL PARAMETERS list before choosing items from the top or the bottom of the list.	_____	_____	_____
13. I drink 8-10 glasses of water daily.	_____	_____	_____
14. I choose a wide variety of Hot cereal, Cold cereal, or an Egg for breakfast.	_____	_____	_____
15. I choose an All-Vegetable meal, a Soup meal, or an Egg meal at least once a day.	_____	_____	_____
16. I circle, on my food log, Soup, All Vegetable, and Egg Lunches and Dinners.	_____	_____	_____

17. I seek a wide variety of foods, vegetables,

and preparations.

18. If not hungry and thinking of food, I think, speak, or move until the moment passes. I find new ways to cope with the ups and downs of life.

19. My difficult moments are less frequent, shorter in duration, and diminished in volume and ferocity.

20. No matter what I have done, I get back on THE PROGRAM at the very next meal.

21. I keep a daily tally of my FILLERS.

22. FILLERS are scattered every other day, and are decreasing in frequency.

23. I consume  $\frac{4}{5}$  items or less each day with some one item breakfasts, lunches, and dinners (BLD) and choose some two item BLDs. Occasionally, I choose a three item BLD. I choose a four item meal when it is New Years Eve and my Birthday on the same day.

24. I leave over, throw out or freeze leftover food, if appropriate.

25. I do many things to relieve stress, tension and boredom rather than using food.

26. I buy, order, and prepare less food.

27. As my energy increases, I walk and move more in general.

28. Every food choice I make reflects my ultimate weight-loss goal.

29. I am feeding a *smaller* person.

30. List a few important things on which you'd like to concentrate this week and enter in your logbook on a NEEDS WORK page.

31. Rewrite this form into your log book for daily review.

32. In a few days email Caryl@ConquerFood.com with your morning weight and a positive story.