

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

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

### **UNDERLINE THINGS THAT NEED WORK**

#### **PROGRAM CONCEPTS FROM MEETING #1**

Thinking about weight loss goal, keeping a log of food consumed, weighing a.m. and p.m. and entering it in logbook, identify overeating pitfalls, asking: *Am I Hungry or What?*, using SUGGESTED MEAL PLAN, slowing down at meal time, choosing a variety of breakfast cereals both hot and cold, choosing an ALL VEGETABLE lunch and dinner, choosing a SOUP meal at lunch and dinner, choosing a wide variety of foods/vegetables/preparations, putting food on a plate and eating with a knife and fork, drinking 8 (or more) glasses of water each day, taking nickel-sized bites to create a 20-minute relaxing meal, making sure my mouth is empty before inserting more food, reviewing assignments a little each day, thinking of new ways to cope with stress instead of eating, finding a hobby rather than eating when bored, maintaining a positive attitude. I'm present at each meal.

#### **PROGRAM CONCEPTS FROM MEETING #2**

Aware of total number of correct choices made each day, memorized MEAL PARAMETERS, first choosing middle food items 3-8, choosing bread or beverage or dessert or alcohol - - one of 4 or none, Skipping and Scattering same category foods, all assignments are rewritten into one convenient log book, using SUGGESTED MEAL PLAN, celebrating accomplishments, having a protein by (and including at) lunch, circling Soup, All-Vegetable, and Egg Lunches and Dinners, reviewing assignments a little each day. I am present at each meal. Before eating, thinking about what I'm trying to accomplish.

#### **PROGRAM CONCEPTS FROM MEETING #3**

Aware of personal FILLERS totals, No multiples of any item at the same meal. One bread or beverage or dessert or alcohol (or none) per meal, Skipping a day and Scattering same-category foods, anticipating each day's events and planning food accordingly, buy, order, prepare and serve less food, leave food over at each meal (this includes coffee and alcohol), throwing leftovers out, freezing food when enough for another meal, identifying difficult times, searching for the perfect repatterning techniques that works for you, feeding the smaller person you are becoming and want to be, maintaining a positive attitude.

#### **PROGRAM CONCEPTS FROM MEETING #4**

I have more energy than previously, difficult moments are less frequent, difficult moments are diffused more quickly than previously, NUMBER OF ITEMS have diminished at breakfast/lunch/dinner, I consume many one and two item meals, number of items for the day have diminished to 4, 5, 6, I take a deep breath and stretch when stressed, working on personal assignments that need special attention, reviewing progress daily. I am present at each meal.

#### **PROGRAM CONCEPTS FROM MEETING #5**

Portion sizes are smaller than last week, filling up sooner, buying less food, getting by on less, packaging foods into appropriate new portion size, nutritional needs are met before choosing foods from the top or bottom of the MEAL PARAMETERS list, planning in advance to eat protein or no protein meal, planning in advance to have a one, two, or three item meal, planning in advance to eat Bread or Beverage or Dessert or Alcohol or none, purchasing smaller portions of fruits, vegetables, chicken, canned goods, and starches; choosing smaller quantities of desserts, breads, beverages, and alcohol, feeding a smaller person, leaving food over at each meal, maintaining a positive attitude, I am present at each meal.

#### **PROGRAM CONCEPTS FROM MEETINGS#6 & 7**

Reviewing in detail all assignments, breaking down into manageable segments the specific things I'm trying to accomplish, writing down coping strategies I plan to use, making SUGGESTED MEAL PLAN work for me, cheering myself on rather than beating myself up, keeping a list of things I have accomplished, keeping a list of things I would like to accomplish.

**Rewrite this page into your logbook. Transfer underlined assignments to a NEEDS WORK page. Each day pick two or three items on which to work.**