

5-STEP BEHAVIOR MODIFICATION WEIGHT MANAGEMENT PLANNING WORKSHEET

July, 2021

1. SET WEIGHT LOSS GOALS

	Target Goals <i>Example: Lose 20 lbs.</i>	Time to Achieve Goals
Weight	_____	_____
Body Fat	_____	_____
Clothing	_____	_____
Health Characteristics	<i>Example: BP<145</i>	<i>12 Weeks</i>

2. BEHAVIORAL STRATEGIES

Check off the behavioral strategies below in which you feel you could make improvements:

- Do nothing else while eating
- Eat in place designated for eating
- Follow an eating schedule
(meals and snacks)
- Slow down while eating
- Use a grocery list and stick to it
- Shop when not hungry
- Buy foods that require preparation
- Store unhealthy foods out of sight; Make health snacks available
- Keep serving bowls off the table
- Leave the table after eating
- Serve and eat one portion at a time
- Wait five minutes before getting seconds
- Order a la carte meals when eating at restaurants or split an entree with someone
- Watch for salad dressings
(try vinaigrette, lemon or none)
- Watch for hidden calories
(mayonnaise, fried foods, etc.)
- Reduce alcohol
- Minimize or avoid breads and appetizers before the meal
- Plan ahead whether you are going to order appetizers or dessert

Primary Care Behavioral Health

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3. SET SPECIFIC BEHAVIORAL GOALS

Type of Physical Activity <i>Example: Walking</i>	Duration (i.e., how long) <i>45 minutes</i>	Daily at noon
_____	_____	_____
_____	_____	_____
_____	_____	_____
Type of Diet Change <i>Example: Eat more veggies</i>	How much <i>5 servings</i>	Frequency (i.e., how often and when) <i>Daily at lunch and dinner</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. ESTABLISH WEEKLY REWARDS

Target Behavior <i>Ex: Physical Activity (walking)</i>	Specific Criteria <i>30 min 3 times per week</i>	Reward <i>Get a massage /watch a movie</i>	When <i>Saturday afternoon</i>
_____	_____	_____	_____
_____	_____	_____	_____

5. ESTABLISH REWARDS FOR ACHIEVING LARGER GOALS

Target Behavior <i>Ex: Physical Activity (weight)</i>	Specific Criteria <i>30 min 3x per week 80% of the time for 6 months Reaching 50% of target weight loss goal</i>	Reward <i>Buy new jacket (LL Bean p.36) Same</i>	When <i>6 months (Dec 25th) When achieved</i>
_____	_____	_____	_____
_____	_____	_____	_____