

Arrange Your Environment

It's time to prepare your home and work environment, here are some ideas:

- ✓ Remove your personal temptations
- ✓ Throw away or give away any foods not on my food plan
- ✓ Re –arrange your dishes (smaller plates & bowls!)
- ✓ Tell everyone at home you are eating in more healthy way
- ✓ Do creative problem solving to reduce environmental triggers – for example, there will be no chocolate in the house for the kids but they will still be allowed go to the shop on a Friday
- ✓ Have your own cupboard at home that contains all the food on your plan
- ✓ Keep foods like bread in the freezer and just take out a slice at a time
- ✓ If there are tempting treats at work, stay out of the canteen or kitchen or ask co-workers to keep them out of sight
- ✓ Bring your lunch to work, it will save you calories and money!
- ✓ Leave your money at home or in your car so you can't give in to impulses like the dreaded vending machine
- ✓ "Out of Sight - Out of Mouth" it's hard to resist tempting foods if they are in your line of sight so move them away. E.g place your menu in front of the bread basket in the restaurant.

What are you thinking?

You might still be having sabotaging thoughts about making changes to your environment. If so these responses may help.

Sabotaging Thought: If I make changes, I'll have to tell other people that I'm trying to lose weight.

Helpful Response: What's the big deal, really? The worst that can happen is that someone will be mildly critical of me if I don't lose weight. On the other hand, this program is probably exactly what I need to succeed this time. Announcing my intention to eat in a more healthy way makes it more likely that others will go along with the changes I need to make. And it'll be such a relief not to feel tempted every time I walk into the kitchen or encounter food at work.

Sabotaging Thought: I don't want to waste food by throwing it out.

Helpful Response: If I don't throw it out, I'll be at risk for "wasting" it in my body where it'll turn to fat. Which is a better way to waste it?

Plan For Tomorrow

Today you are going to write a food plan that includes everything you're going to eat tomorrow. And, tomorrow you'll check off whatever you ate that's on the plan and write down any food you ate that isn't on it .

Even if you are eating from the "Set Food Plan", you still need to review it today to make sure you have everything you need and record any additional foods you may consume.

Planning what you eat is essential. It helps you to do the following:

- Think about how you're going to get and prepare the food on your food plan
- Remember what you're supposed to eat and when. If you don't plan ahead, you put yourself in the tougher situation of solving problems in the moment. When you feel hungry and look in the fridge for something to eat, you might not come up with a healthy option
- Eliminate spontaneous eating. Spontaneous eating – the little nibbles and snacks. Leftovers, and other food – is often what prevents you losing weight.
- Tolerate occasional hunger and cravings and learn that you can withstand them.
- Make decisions about eating before you encounter triggers. Let's say some friends invite you to dinner. They offer you some tempting dessert. The decision is already made, "no": The dessert isn't on your plan, so you don't eat it. You don't have to weigh up the pros and cons. You just stick to your plan. This eliminates the tension and struggle.

Use your "Food Diary" to plan your meals for tomorrow. Make sure you have the food and ingredients you need to prepare the meals. Is there anything you can do today to make tomorrow go more smoothly, such as cutting up the vegetables for tomorrow's dinner? Make tomorrow's lunch? Preparation is the key to successful food planning!

Monitor Your Eating – Using Your Food Diary

Firstly, you should eat only what's on the plan you wrote for yourself last night. Eat everything on the plan, unless you become overly full before you've finished, and don't skip a meal.

Monitor your eating immediately after finishing each meal and snack by writing down what you ate on your food diary.

- ✓ Put a mark next to the things you ate that were written on your food plan.
- ✓ Cross out anything you had planned to eat but didn't
- ✓ Circle any food that you ate too much of and write down and circle any food you ate that you hadn't planned to eat

The benefits of recording what we eat:

It helps you remain accountable for what you actually eat. You might think you don't have to take the trouble to record what you're eating, that you can just keep a mental tally. **Yet it's truly amazing what our minds both naturally forget and allow us to forget when we don't really want to remember.** We don't necessarily consciously lie to ourselves about what we've eaten. It's just that it's really easy to forget about the small amounts of leftovers, the sugar in our coffee, the second helpings at meals, the tasters at the supermarket. Checking off what you've eaten and writing down what you hadn't planned to eat forces you to become aware of what you're doing. You can't fool yourself when you're looking at the evidence in black and white.

What are you thinking?

Sabotaging Thought: This is too much work

Helpful Response: I won't have to write things down for the rest of my life. Besides, it'll probably be less hassle than I'm predicting. Why not try it for a week and see how it goes?

Sabotaging Thought: I don't need to write this down; I can remember what I ate.

Helpful Response: Not writing things down hasn't helped me in the past. I undoubtedly forget about some of the food that I eat. I have to make myself conscious of what I'm eating.

Review Your Schedule & Prioritise

By now, you may have realised that in order to be successful on your weight loss programme you need to put time and effort into it. Losing weight takes a commitment that goes beyond just eating differently. For starters, you'll need time to plan meals, to make lists, to shop for food and to cook. You'll need to eat slowly, to exercise and to read your response cards. It all takes fortitude and mental energy, especially if and when sabotaging thoughts get in the way.

This week, you are going to arrange your schedule to ensure you are allowing enough of your time and energy for this programme to be successful.

I have attached a sample daily schedule **“My Schedule Chart”** for you to complete. Before you fill this in, you need to consider how much time it will take in your day and week to do the following:

1. Plan your meals
2. Shop for the food you will need
3. Prepare your meals
4. Sit down and eat your meals slowly
5. Exercise
6. Complete the “To Do” items you are given each week and read your Response cards

During this exercise you may find that your schedule is already pretty full and you might need some help in order to free up time to fit in your weight loss programme. You may need to delegate, cut back or eliminate certain activities in your current schedule, so to help you to do this I have attached a **“Priority Chart”** for you to complete. In order for you to be able to commit the time needed to make a success of this programme, you may need to enlist the help of others to take over tasks or chores to free you up.

What are you thinking?

Sabotaging Thought: I don't have the time to do the steps in this program.

Helpful Response: It might be more accurate to say that I'm not willing to make the time. If I had to get a blood transfusion every day to keep myself alive, obviously I'd find the time. While being overweight isn't necessarily life threatening, I still need to make a serious commitment if I want to diet successfully. I need to look at my “Advantages Response Card” again and judge whether or not I *really* want to lose weight.

My Scheduling Chart

Use this chart to fill in your daily schedule. If you work the night shift or follow a routine that is different from the one noted here, write in times that are appropriate to your situation.

Time	Activity
6:00 a.m.	
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9:30	
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