

Changing For Good

**Behavior Modification for Developing
Healthy Eating Habits and Losing Weight**

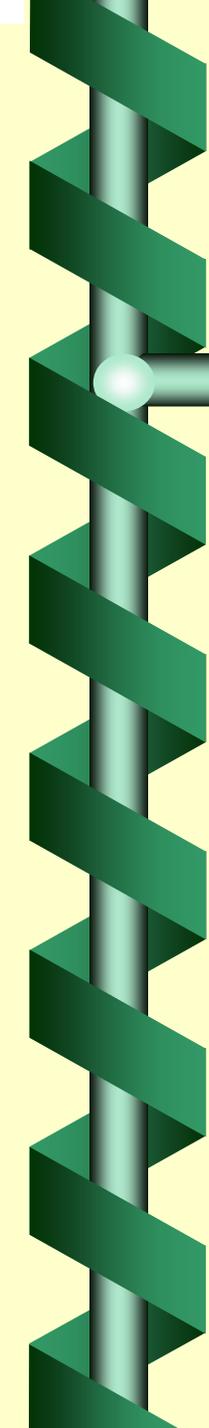
Date	Time	Food (Note preparation method: skinless, baked, fried)	Amount	Cals	Fat (g)	Where	With Whom	Feelings
	7303	Cereal-Cheerios	1.5c	165	2	Table	Kids	Good
		Skim milk	.5 c	45	-	"	"	
		OJ	8oz.	104	-	"	"	
	1200	Sandwich	1 sand.	?	?	Rest.	Bob	Rushed
		Soda	1	?	?	Rest.	"	
	1800	Sirloin steak, grilled	8 oz	675	40	Table	Jane	Relaxed/Tired
		Broccoli	1 c	50	-	"	"	
		With butter	1 tsp	45	5	"		
		Mashed potato	2 c	400	-	"		
		With butter	2 tsp	95	10	"		
		Water	16 oz	-	-			
		Vanilla ice cream	1 c	350	87	TV	self	Bored
<i>TOTALS!</i>								

FOOD GUIDE PYRAMID (Suggested Servings) Fill in how many servings you had today.

STARCHES (6-11)	VEGETABLES (3 - 5)	FRUITS (2 - 4)	DAIRY (2 - 3)	MEAT/PROTEIN (6 ounces total)	FATS (Sparing)
EXERCISE TYPE		DURATION	*ENJOYMENT RATING	RATE OF PERCEIVED EXER	

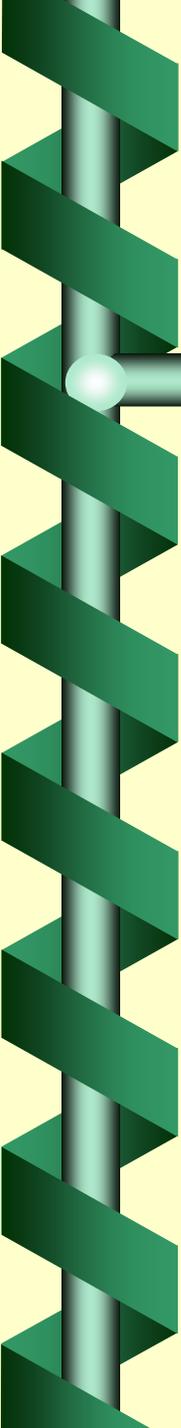
*Rate of enjoyment on a scale of 1=very enjoyable 5=very unenjoyable





Choosing A Partner

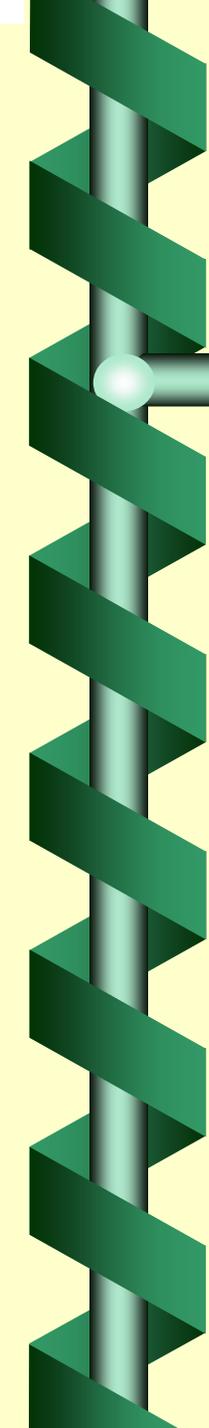
- * Many people find having one or several partners for support makes them more successful at making lifestyle change
- * Not every one wants or needs a weight loss partner...depends whether you are a social or solo changer??



HHMM ...Would this person be supportive????

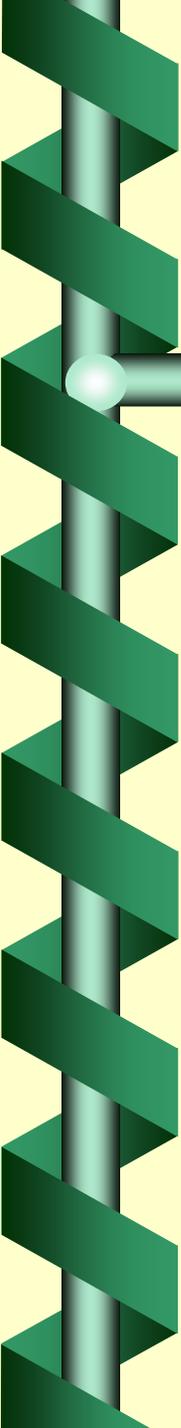
Characteristics of a Good Partner!!

1. Is it easy to talk to my partner about weight
2. My partner never says critical things about my weight
3. My partner is there when I need a friend
4. I could talk to my partner even when I 'm doing poorly



How about this one?

5. My partner is genuinely interested even if I'm doing poorly
6. When I lose wt my partner is jealous
7. My partner offers me food when he or she knows I am trying to lose weight
8. My partner has always been thin & does not understand my weight problem

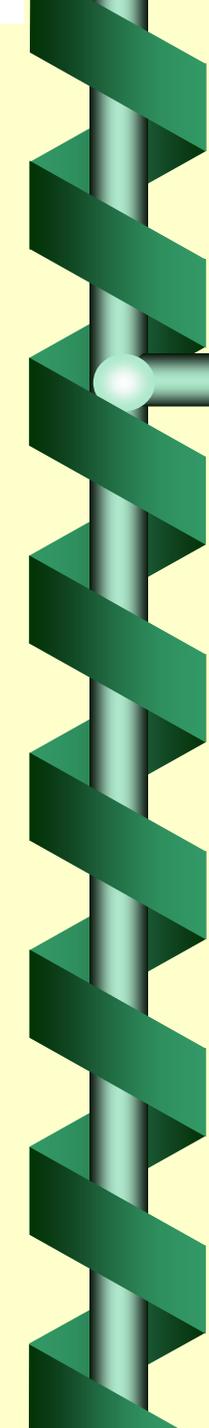


Now...how can that person help you?

Talk to your partner to see if they have time & energy to help you at this time!

EXPLAIN YOUR GOALS

- SPECIFY HOW THEY CAN HELP
- STATE YOUR REQUEST IN A POSITIVE MANNER
 - NEGATIVE: Don't nag me about my weight
 - POSITIVE: It helps when you comment on my successes



How would you respond to these situations?

⌚ The phone begins to ring

⌚ A traffic light turns red

⌚ You fill the 5th square in a row on a bingo card

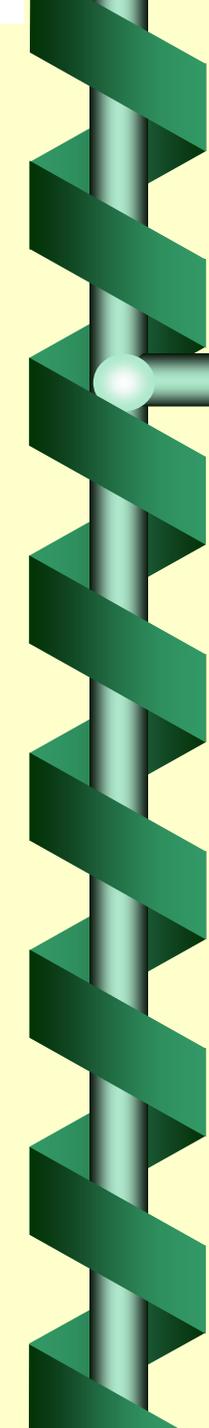
What is the problem?

Willpower

or

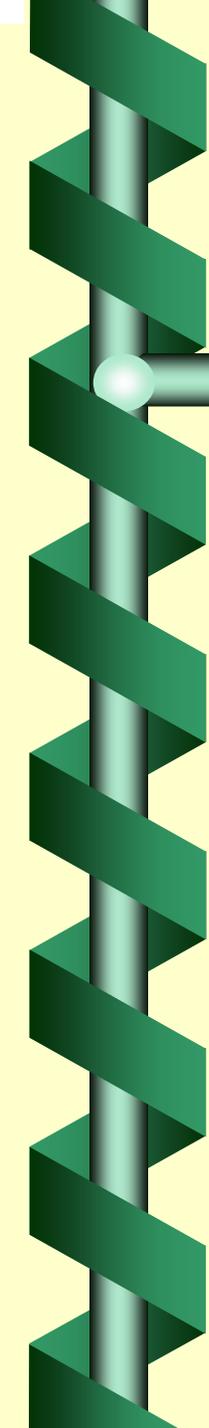
Skill power





What triggers us to overeat?

- ∩ Time
- ∩ People
- ∩ Emotions
- ∩ Environment



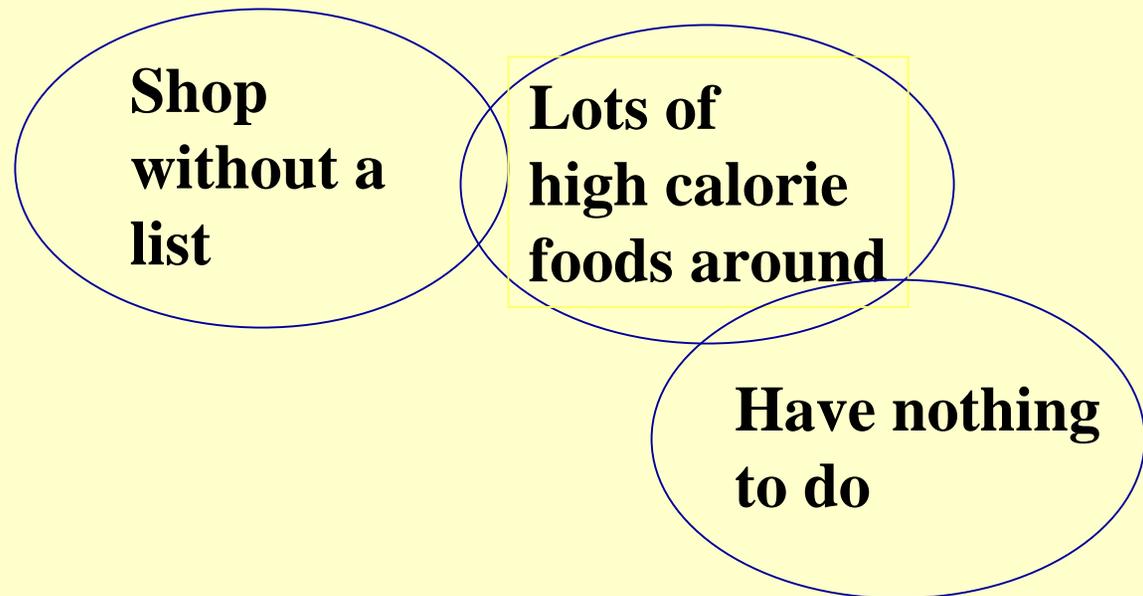
Building a behavior chain

Behavior

**Overeat in the
evening (Time)**

Building a behavior chain

Antecedents

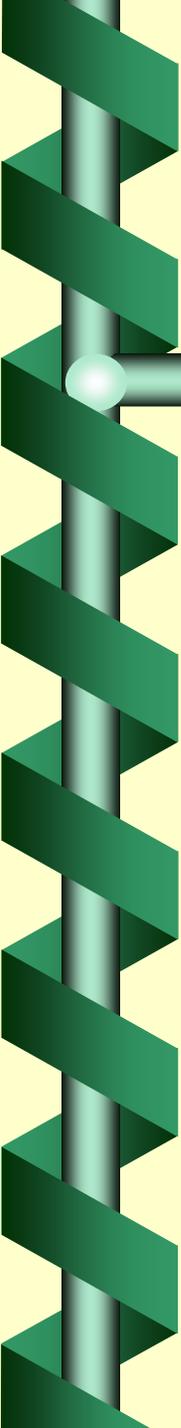


Building a behavior chain

Consequences

**Feel like a
failure**

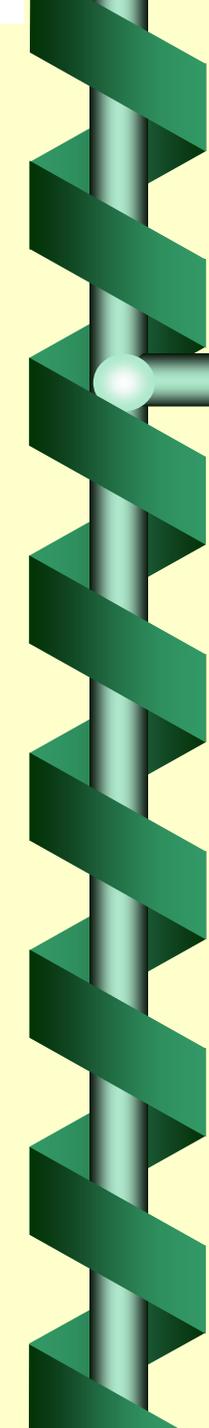
**Conclude
change is
hopeless**



Develop strategies to combat the weakest link

- ⌚ Shop without a list
- ⌚ Lots of high calorie foods around
- ⌚ Have nothing to do; bored

- ⌚ Preplan meals and shop with a list
- ⌚ Defat your house; buy healthy foods
- ⌚ Store unhealthy foods out of sight
- ⌚ Preplan activities so you don't think about food



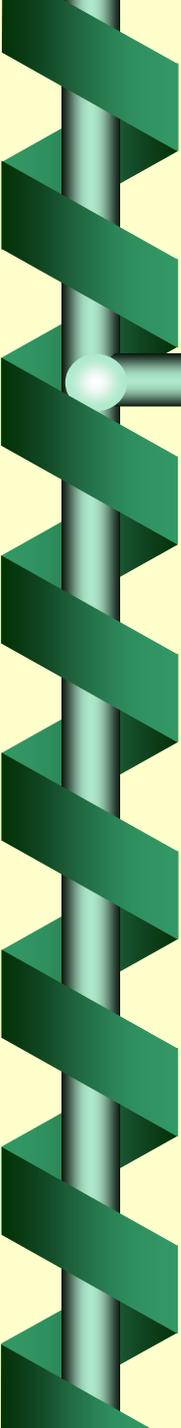
Develop strategies to combat the weakest link

⌚ Recognize slips and not successes

⌚ Conclude change is hopeless

⌚ Recognize times you meet your goals and reward yourself

⌚ Think I can learn from slips & recover



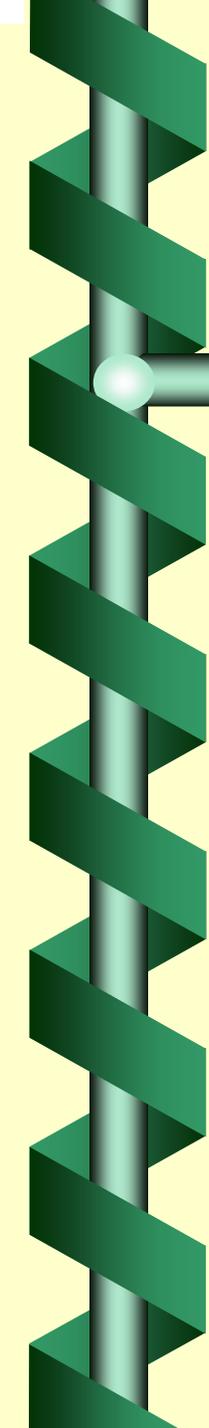
Antecedents: The beginning of the chain, before eating

**BEHAVIORS TO DO
LESS OFTEN**

- *Don't prepare lunch
Rely on vending machines
- *Have high calorie foods
easily accessible
- *Think a food plan
as too hard/too much
work

**BEHAVIORS TO
DO MORE OFTEN**

- *Prepare own lunch
& snacks
- *Store high calorie
foods out of sight
- *Think of a food
plan as a wise
& possible



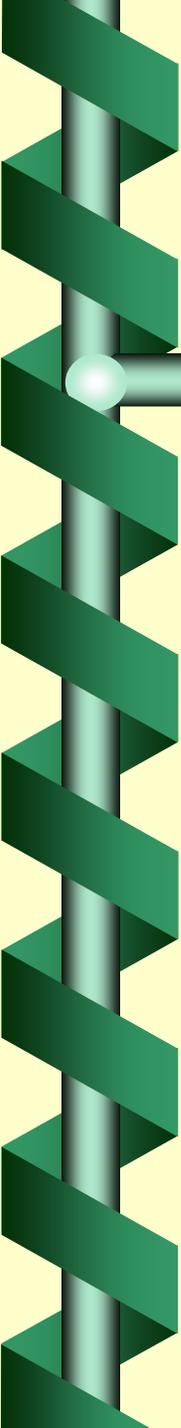
Behavior: Central link; behavior while eating

BEHAVIORS TO DO LESS OFTEN

- *Eat when upset
- *Eat too fast
- *Think I blew it anyway
- *This is the weekend

BEHAVIORS TO DO MORE OFTEN

- *Relax before eating-use other options to manage emotions
- *Put fork or food down between bites
- *I can get back on track right now
- * Weekends count too



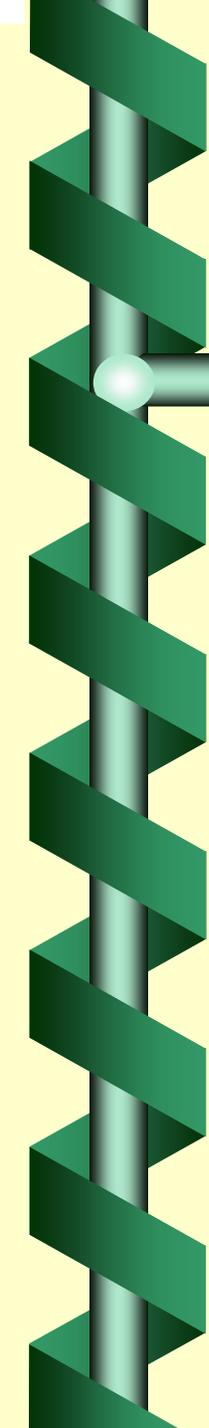
Consequences: Ending links; reactions to the eating event

BEHAVIORS TO DO LESS OFTEN

- *Think of how wonderful high calorie food tastes
- *Only realize slips and not success
- *Don't reward success

BEHAVIORS TO DO MORE OFTEN

- *Think of taste with health in mind
- *Recognize times you stay on plan & compliment self
- Reward yourself when meet goals



Focus On The "+" Aspects Of Setbacks

**TO ACHIEVE SOMETHING
SIGNIFICANT ONE MUST
USUALLY EXPERIENCE SETBACKS**

To minimize discouragement...set
intermediate goals and schedule
rewards (that do not involve food)
Can you think of some examples??