

Begin Your Journey

- Name three diet plans you have tried.
 - 1.
 - 2.
 - 3.

- Name at least three reasons why these diets didn't work for you.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

- Review the list of reasons on why fad diets fail in Unit 1.

Did any of the reasons apply to you? Yes No

If yes, what can you do to avoid the problems again?

List the reasons that apply to you

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
-
- Did you lose weight on these diets? Yes No
 - How much weight did you regain?
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- Think of your three listed diets. Could you have continued to eat this way for a long period or a lifetime? Yes No
- Why or why not?

- Did these three diets restrict food or certain food groups? Yes No
- Which foods were restricted?

- While on these diets, were you constantly thinking about food the whole time or when you could eat next? Yes No
- How did you feel when you were thinking about the food?

- Did you run out of food for the day? Yes No
- Did you feel hungry on these diets? Yes No
- How much money did you waste on these diet plans?

- Name five ways you can commit to your new diet plan (example: track all food intake, set aside a planning day each week, de-junk your cupboards of processed foods, etc.)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

- Are you ready to make behavioral and food changes? If not, why not?

- Name at least ten unhealthy eating habits that you need to work on (example: I drink too much diet soda)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.

10.

- Name at least ten healthy eating practices that you would like to turn into a habit. (example: drink at least eight glasses of water daily, be mindful of smaller portion sizes, avoid artificial sweeteners, etc.)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.

Note: The purpose of these worksheets is to increase your awareness, get you thinking about past weight loss failures and to understand how you can avoid the same pitfalls. Answers will vary depending on each person's lifestyle and circumstances.

Take a look at your answers.

Do your answers show a pattern of short-lived weight loss and hunger?

Have you been following diet plans that don't work long-term?

Are you looking for a quick fix weight loss program that ends up causing more harm than good?

If you answered yes to any of these questions, it is time to learn some basic diet principles that will help you get through your day a little easier while trying to lose weight.

Tip: Learn to eat for maximum energy and support. Your body deserves it.

Well then let's get started.

ACTION: Decide how much time you can allow to your diet plan each day. Take a look at your schedule and set a time each day to spend time learning and preparing for the upcoming day.