

Overcoming barriers to weight loss

These can be environmental, physical or psychological.

The checklists below can help you identify areas of difficulty, and strategies are suggested in the following pages

Food and environment

- ☐ Meals are prepared by someone else and are not supporting weight loss
- ☐ Other family pressures impact meals, meal preparation and weight loss
- ☐ Inappropriate foods are stored in the fridge or there are temptations at work which are leading to poor food choices
- ☐ A lot of meals are eaten away from home
- ☐ Other (specify)
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Hunger symptoms

- ☐ Stomach sensations such as pain or empty feeling
- ☐ Feeling hungry an hour after a normal sized meal
- ☐ Fatigue
- ☐ Dizziness, headache or nausea
- ☐ Other (specify)

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- ☐ Stress eating
 - ☐ Depression or anxiety
 - ☐ Complex issue related to work, relationships or past trauma
 - ☐ Eating disorders such as binge eating and bulimia (eating large amounts, rapid eating, not driven by hunger, resulting in distress, feelings of discomfort and disgust, vomiting / use of laxatives)
 - ☐ Food addiction
- Other emotional or psychological issues around eating.

Night eating syndrome

- ☐ Eating 25% of food intake at night
- ☐ Eat after waking up during the night (about 3 times per week)
- ☐ Lack of appetite in the morning
- ☐ Persistent pattern over many years