Become a Success Warrior

I CAN DO THIS!

We are ready to wrap up your BariLEARN series. Answer these questions and then watch the modules. Remember, our goal is for you to find 3 new strategies to be woven into your lifestyle forever. Keep it fun so to make your success long lasting!

1. EATING STYLE

- ☐ I eat quickly
- ☐ I tend to take large bites



2. EATING LOCATION

- ☐ I eat in the car.
- ☐ I eat in the bed.
- ☐ I eat at the desk.
- ☐ I eat on the couch.
- ☐ I eat standing in the kitchen.
- ☐ I eat sitting at the table

3. ACTIVITY

- ☐ I have no motivation.
- ☐ I have no time.
- ☐ I have orthopedic issues.
- ☐ I am active throughout the day.
- ☐ I participate in planned exercise.



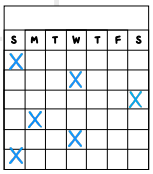
4. TRACKING

- ☐ I am journaling my food intake.
- ☐ I am using a digital food scale to measure my food portions.
- ☐ I am weekly tracking my body composition.



5. 90/10 RULE

- ☐ I go on a diet then go off and regain my weight.
- ☐ I am either really good or really bad with food.
- ☐ I want to learn an approach to achieve a lifetime of maintaining a reasonable weight.



MY GOALS

1. I will slow down when I eat and chew well to enjoy the taste and textures of food at each meal.
2. I will eat sitting at the table.
3. I will develop an activity and planned fitness routine to begin this week.
4. I will begin journaling daily, measuring my food and weekly tracking my body composition.
5. I am planning 10% of my eating opportunities to mindfully enjoy something outside of my healthful foods.

☐ yes! I did it!

☐ next week I will definitely nail this goal!