



My Wellness Vision

Before you begin your weight loss journey, it is important to spend time reflecting on why YOU want to lose weight. Make sure that these are **personal motivators** and are not intended to please others.

Reviewing this list frequently will help keep you on track and focused on your personal commitment to take control of your health!

Please list five reasons you want to lose weight:

1. _____
2. _____
3. _____
4. _____
5. _____

Describe the **physical benefits** you hope to get by losing weight:

Describe the **functional benefits** you hope to get by losing weight:

Describe the **medical benefits** you hope to get by losing weight:

Describe the **psychological benefits** you hope to get by losing weight:

Comments: What other things may I gain from focusing on my health right now? How important is this

How I Plan to Lose Weight...

Goal setting is the “how” of weight loss. Motivators are the “why.” When setting goals, utilize the SMART technique:



Are you ready to create goals you can achieve?

Make them SMART!

- S** → Specific: Describe your goal
- M** → Measure: How will you track your progress?
- A** → Actionable: What is the next small step?
- R** → Realistic: Is your goal achievable?
- T** → Time-oriented: How long will it take to complete?

@oregonweightandwellness

SMART	Technique	Example
Specific	Who, what, where, when, how...	“I want to lose 10 pounds in two months.”
Measureable	How will you track?	10 pounds in 8 weeks = 1.25 pounds/week
Attainable	Resources you have available, previous experience	“I have been able to do this before, and now I have new tools from my doctor!”
Relevant	Why this goal is important	Review your motivators
Timely	Set benchmarks and deadlines	“Focusing for two month intervals works for me.”

Please list three goals you would like to achieve during your treatment:

1. _____
2. _____
3. _____

Meal Planning

The Benefits of Meal Planning

Meal planning can be a vital part of eating a healthy diet and there are many benefits. Even if you're a healthy eating veteran, I'd encourage you to take half an hour a week to meal plan healthy meals for the week.

Benefits:

- Save Money: Shop for what is local, seasonal and on sale.
- Eat Real food: Planning helps you avoid 'emergency' convenience food stops.
- Limit waste.
- Decrease stress: No more "What's for dinner?"
- Save Time.
- Add Variety.

Ideas for meal planning

- Have a daily template/theme.
- Cook through an inspirational website or cookbook.
- Focus on your core recipes.
- Make flexible meals to avoid being a short order cook for picky eaters.
- Eat leftovers for breakfast or lunch.

Example meal plan:

Breakfast: coffee or tea with ½ tsp of cream
Egg, greens and one slice of whole grain toast

Lunch: Grab a salad and protein of choice
<https://www.skinnytaste.com/cobb-salad-in-a-jar-with-buttermilk-ranch/>

Dinner:

Monday: Grill night – Grilled Salmon with asparagus
<https://www.skinnytaste.com/grilled-garlic-dijon-herb-salmon/>

Tuesday: Taco night – taco salad
<https://www.skinnytaste.com/easy-crock-pot-chicken-and-black-bean/>

Wednesday: make ahead and bake night – Zucchini boats
<https://www.skinnytaste.com/sausage-stuffed-zucchini-boats/>

Thursday: Burgers night
<https://www.skinnytaste.com/naked-salmon-burgers-with-sriracha-mayo/>

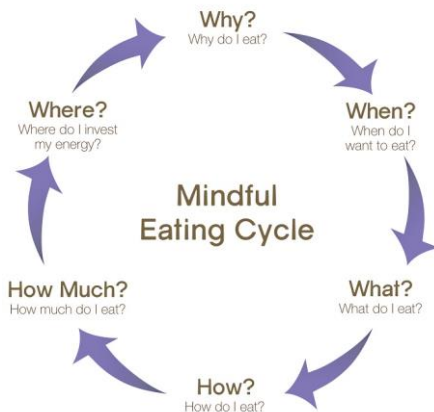
Friday: Breakfast for dinner – eggs, avocado
<https://www.skinnytaste.com/huevos-pericos-colombian-scrambled-eggs/>

IT'S NOT JUST WHAT YOU EAT, BUT WHY

By Michelle May, M.D.

Many people have the mistaken belief that their problems with food are caused by what and how much they eat. Those are important but they only tell part of the story. In fact, what you eat and how much you eat are strongly affected by *why* you're eating in the first place.

The Am I Hungry?® Mindful Eating Cycle will help you see how each decision you make can affect your other choices.



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From *Eat What You Love, Love What You Eat*

As you review the Mindful Eating Cycle, ask yourself the following questions to help you recognize and better understand how you make conscious or subconscious decisions about eating. More important, use these questions to discover possible steps you can take to become more mindful about your decisions.

Why? Why do I eat?

- Why do I think I eat?
- Am I aware of any situations or emotions that trigger me to want to eat when I'm not hungry? Examples: Mealtimes, social events, certain

people, stress, boredom, buffets, getting ready to start a diet...

- Have I tried a lot of diets? Did they work for me long term? Why or why not? What happened?

When? When do I feel like eating?

- How often do I feel like eating?
- Can I tell if I'm hungry?
- How could I redirect my attention away from food until I'm hungry?
- What could I do to cope better with my emotional triggers for eating? Examples: Manage stress better; tell someone how I really feel; find a hobby; treat myself to a hot bath; ask for more help around the house...

What? What do I eat?

- What do I eat in a typical day? Would a food diary for a few days help?
- Do I restrict myself from eating certain foods—then later give-in and overeat those foods?
- What health issues do I need to be aware of when deciding what to eat? Examples: High blood pressure, high cholesterol, family history of diabetes.
- What kind of beverages do I drink?
- What types of foods do I feel like eating when I'm eating for emotional reasons? Why?
- Are there any areas of my diet that I could improve right now?
- What specific change would I like to make at this time?
- What kind of foods could I keep on hand to eat when I'm hungry?

How? How do I eat?

- Do I eat while I'm distracted? Examples: Watching T.V.; reading; driving; working; talking...
- Do I eat fast?
- Do I really taste my food?

- Do I eat differently in private than I do in public?

How Much? How much do I eat?

- How do I typically feel when I'm done eating? Do I like that feeling?
- Do I usually clean my plate?
- If I'm not hungry when I start eating, how do I know when to stop?
- What situations or emotions trigger me to overeat?
- What could I do to address those triggers more effectively? Examples: Order less food; ask for a to-go container; get up from the table; turn off the TV; say "no" to food pushers...

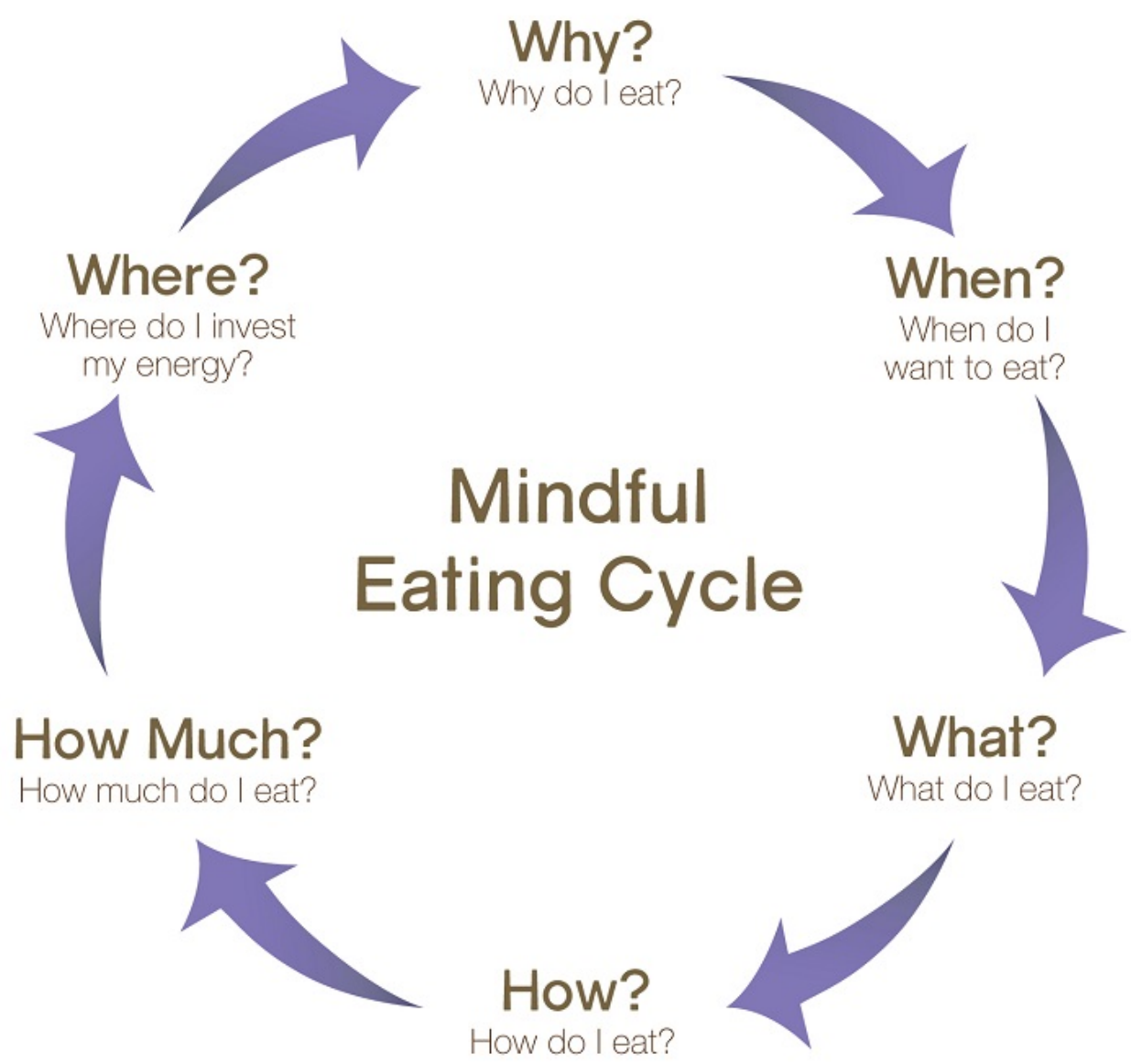
Where? Where do I invest the fuel I eat?

- Am I physically active?
- Do I watch too much TV or spend too much free time in front of computer?
- Do I exercise? What do I like to do?
- What else do I do with my energy? Examples: Play with my children; work on my hobbies; volunteer; travel; spend time with friends...
- Is there anything else I'd like to do with my energy that I'm not doing now? What are my goals for my relationships, my career, and my life?

The first step to changing the way you eat is awareness. As you become more mindful of each decision point in your Mindful Eating Cycle, you'll discover small changes that can make a big difference in why, when, what, how, and how much you eat and where you invest your energy.

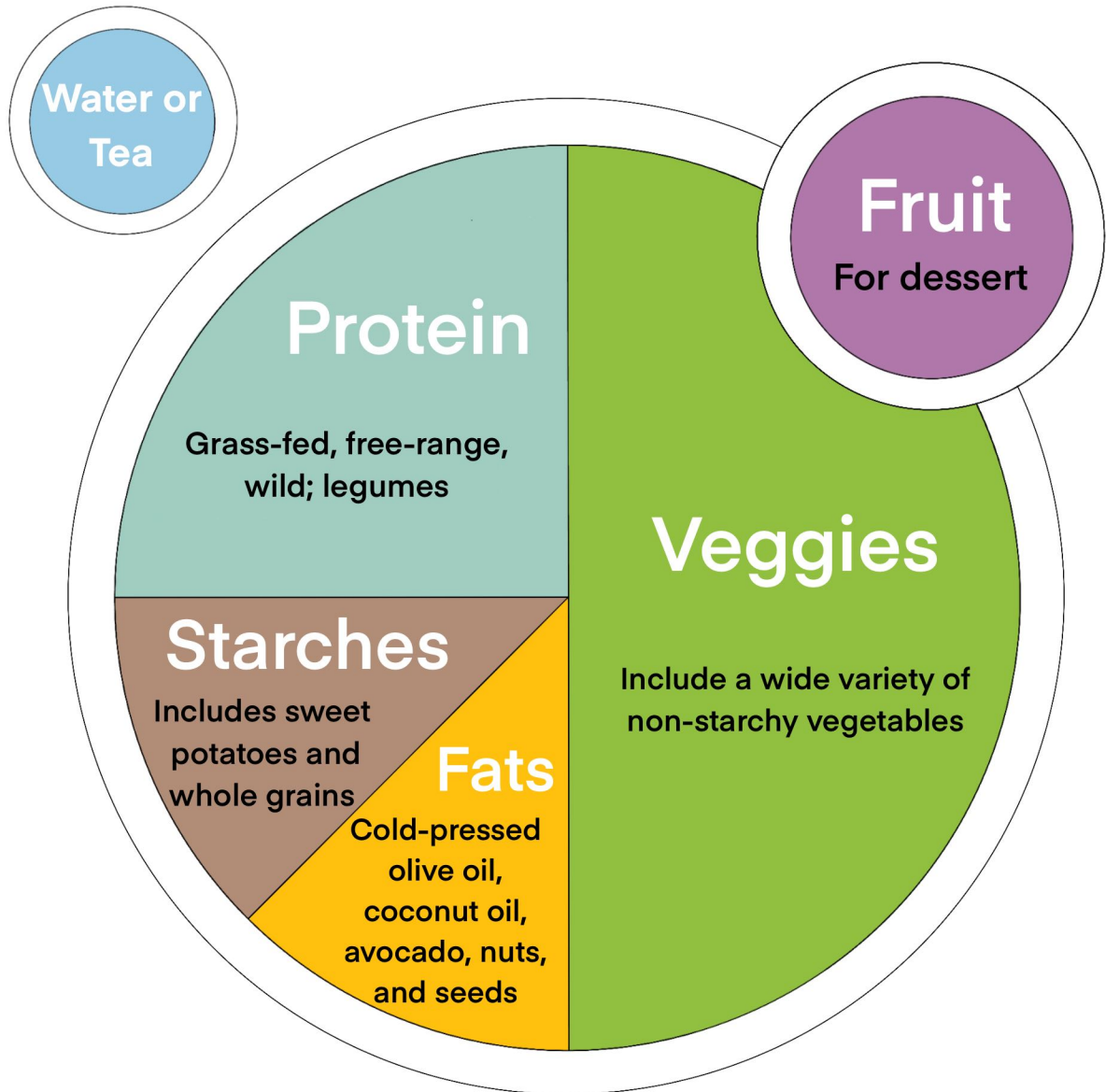
Michelle May, M.D. is a recovered yoyo dieter and the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*.

Download chapter one at <http://amihungry.com/chapter1>.



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Whole Food Plant-Forward Eating



- ✓ Eat slowly and stop eating when you're 80% full.
- ✓ Choose whole foods.
- ✓ Choose local or organic foods when possible.
- ✓ Follow your physical hunger cues.