





Welcome to Maintenance!

Today's Topic:
Making A Plan That Works For You

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.




Check-In

 and  or 


- What has been working well?
- Where are some learning opportunities?

Nutrition Note:


- Long term weight management is possible with **SUSTAINED** behavior change.




Balanced Plate:
Fiber + Protein



Daily Activity



Tracking



Support

Key Message

You can set realistic, actionable GOALS by taking small, manageable steps:

Step 1
Assess
Your
Current
Situation

Step 2
Break It
Down

Step 3
Sync It Up

Step 4
Celebrate
Small
Successes
Frequently

Nutrition Note: Other helpful tools

- Track
- Support

- Affirmation
- Review & Revise

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Simple Steps to Building a Balanced Plate

Fruit: Cherries
Probiotic: Nonfat Plain Greek Yogurt

Lean Protein: Egg White Omelet

Non-Starchy Vegetables: Mushrooms, Tomatoes, Spinach, Onions

Water: Coffee
Healthy Fat: Plain Almond Milk

Starch: 100% Whole Wheat English Muffin

9 inches

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1. Assess Your Current Situation: Behavior Chain

Physically Very Full (8) from overeating the night before.

Persistent guilt, feeling out of control, worried about weight.

Skips breakfast; thought of skipping a meal feels good.

Day is getting very busy and stressful, feeling Hungry (3), and then Very Hungry (2).

Works through half of day and feels Neutral (5), feels good about choices.

Does not pack meals for the day; thought of skipping feels good, feels 'in control'.

Difficulty concentrating and feeling moody, now Extremely Hungry (1); grabs a cup of coffee for energy.

Plans to make dinner and complete home tasks but gets home feeling Ravenous (0), must 'eat now', opens chips while looking for other items to eat...

1. Break The Chains

Physically Very Full (8) from overeating the night before.

Persistent guilt, feeling out of control, worried about weight.

Journals about feelings and uses positive affirmations.

Day is getting very busy and stressful, feeling Hungry (3), takes lunch break and uses Mindful Eating Placemat.

Works through morning and feels Neutral (5), feels good about choices.

Eats a light breakfast and packs meals for the day; feels good, feels 'in control'.

Feeling nourished, physically and mentally balanced, and Satisfied (6); finishes work feeling renewed.

Gets home and feels Slightly Hungry (4) so goes for a walk while listening to favorite podcast before making dinner; journals before bed.

2. Break It Down

What would be a helpful **first step** that you could take towards your goal?

Nutrition

- ☐ List your favorite non-starchy vegetables
- ☐ Buy a 9" plate
- ☐ Plan your meals for the next day
- ☐ Other:

Exercise

- ☐ Put workout shoes by the door
- ☐ Pick out workout clothes
- ☐ Schedule time tomorrow for movement
- ☐ Other:

Mind & Body

- ☐ Download the Calm App
- ☐ Put a gratitude journal by the bedside
- ☐ Set a bedtime, wind down alarm
- ☐ Other:


3. Sync It Up

| When I... | I do... |
|---|--|
| <p>Joyful Activity: Watch TV</p> | <p>Desired Behavior: Ride Stationary Bike</p> |
| <p>Established Routine: Brew your coffee</p> | <p>Desired Behavior: Do 10 Squats</p> |
| <p>Joyful Activity: Listen to music</p> | <p>Desired Behavior: Meal Prep</p> |

FOOD FOR THOUGHT: What is the new habit that you would like to build? What established routine or joyful activity can you sync with the desired behavior?

4. Celebrate Small Successes Frequently

"I packed my lunch 4 days this week, so I really deserve this music break and these tickets I just scored!"



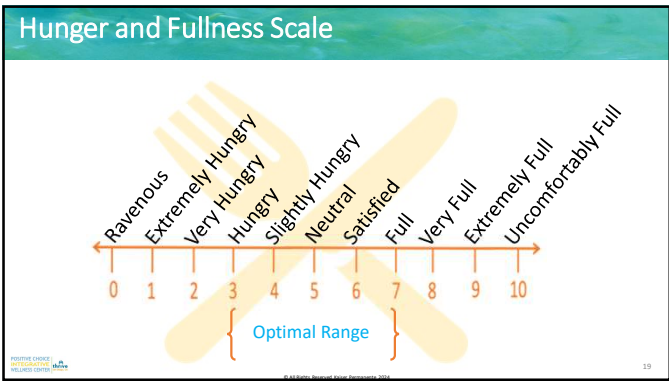
How would you like to celebrate your small successes?

- ☐ Atta boy
- ☐ Tell yourself "good job!"
- ☐ Throw your arms in the air
- ☐ Do a happy dance
- ☐ Cheer
- ☐ Put a sticker on your water bottle
- ☐ Tell a friend about your accomplishment
- ☐ Other:

FOOD FOR THOUGHT: Does it matter if they are food or non-food-based rewards?

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5. Track

What progress are you tracking?

Exercise Routine

Food Intake

Water Intake

Weight, Body Composition

Journal Feelings and Thoughts

Sleep

Other?

Nutrition Note:

- While you don't have to be perfect, we do recommend that you are consistent with your new behavior most of the time.

6. Support

Where do you look for support?

Group

Buddy

Affirmation & Recognition

Professional Support

7. Affirmation

How do you practice positive self-talk?

- Affirmations are positive statements that counter negative thoughts.

Guidelines:

- State in the present tense.
- Keep it simple, personal, and realistic.
- State it positively.

Examples:

- I accept myself as I am.
- I am doing the best I can and that is good enough.
- I am not perfect, but I am improving.

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8. Reward & Revise: Overcoming Obstacles

How can you overcome obstacles?

Example:

Your Goal:

"I will fill half of my plate with non-starchy vegetables at every meal."

Obstacle:

Vacation

Solutions:

- "If I have access to a kitchen, then I can continue to prepare my meals."
- "When dining out, I will order a salad at every meal."
- "If I can't control my food choices, then I will focus on being more physically active."
- "I will choose to enjoy the vacation as an occasional *planned indulgence*, which is a part of developing a healthy relationship with food."

FOOD FOR THOUGHT: What got in the way last time? What might you do differently this time?

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Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

Nutrition Note:

- Long term weight management is possible with **SUSTAINED** behavior change!

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Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more sustainable than a set number.

It takes time to learn to care for your new healthier body.

Remember the 80/20 rule.

Progress over perfection!



FOOD FOR THOUGHT: How do you support and encourage yourself?

What change would you like to work on this week?

• This week, I will _____

(Action Plan)

Detect your habits

Take the first step towards your goal

Celebrate small successes frequently

Other

NUTRITION NOTE:

• Motivation is built by the frequency, not the size, of successful changes.



Next Week...

Balancing Food and Fitness
