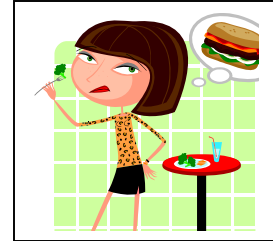


For successful weight loss, changes in behavior must take place. Here are a few questions to help you when thinking about your own progress:

Answer "yes" or "no"



- I use a daily meal plan.
- I have a "back up" plan in case my schedule is changed at short notice (example: high protein bar, quick healthy fast food choice, like Subway or grilled chicken salad)
- I make time to exercise every day for at least 30 minutes.
- I check my weight once a week.
- I have cut down on food portion sizes, especially when going out to eat.
- I limit snacks to 2 per day.
- I use reduced fat dairy products.
- I have tried some new recipes and food products to substitute for higher calories foods.
- I know what my biggest obstacles are to losing weight and have implemented some strategies to overcome them.
- I have tried some new exercises.
- I have my goals in writing and in view where I see them daily.