

 $(\mathbf{e})$ 

 $( \bullet )$ 

# <section-header>

## Hosted on our website **Choose To Lose...** and keep weight off for good!

### www.nhsforthvalley.com/weight



۲

Use these worksheets along with advice from our webpages to help plan and record changes you want to make to you and your families eating and activity levels.

Worksheets can be printed and laminated and used again and again!

Kind



Listen

۲

Believe

Health

ITISI

TRANKEL

۲

۲

# My Family Rules

Respect

#### Setting family rules

- Set a minimum of 2 or 3 realistic rules
- Keep rules simple and specific
- Get all family members involved in setting rules
- Review your family rules regularly
- Decide on a reward and consequence for each rule
- Treat others as you would like to be treated



Hell

 $\odot$ 

Dream

Support

Patience

Encourage

۲

# My Weekly Reward Chart



۲

۲

This chart belongs to

This week I will	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Put a tick or smiley face in the relevant box as you achieve your change or goal.

 $( \blacklozenge )$ 

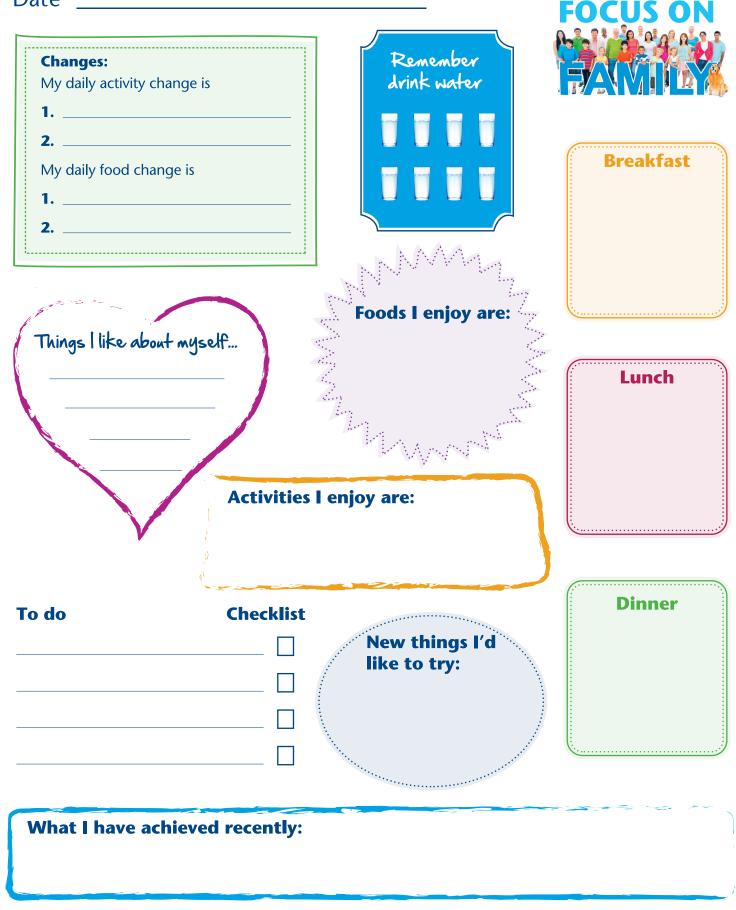
# My Daily Thinking Diary



۲

۲

Date



۲

Æ

**Fun & Family** 

**Fitness File** 



۲

۲

 $( \blacklozenge )$ 

 $( \blacklozenge )$ 

#### Lets move more with family fun!

22

••

Children should be active for at least

an hour everyday.



**Remember** sit less, move more - **Something** is better than nothing!

۲

۲

## My Weekly Meal Planner



۲

 $\odot$ 

**B** - Breakfast **L** - Lunch **D** - Dinner

Monday	Tuesday
B	B
L	L
D	
Wednesday	Thursday
B	<b>B</b>
L	L
D	
Friday	
B	My Shopping List
L	
D	
Saturday	
B	
L	
D	
Sunday	
B	
L	
D	
	· ·

۲





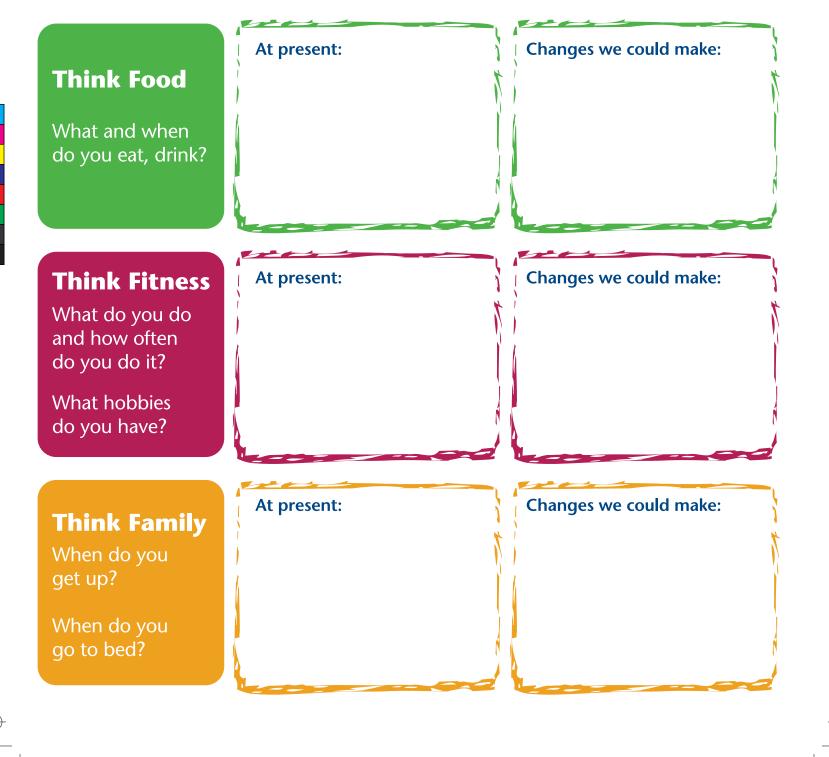
۲

۲

Date: \_\_\_\_\_ Review Date: \_\_\_\_\_

A day in the life of the \_\_\_\_\_ family.

Use this worksheet to write about your family routine at the moment.



 $( \blacklozenge )$ 



 $(\mathbf{e})$ 

۲

#### **Useful Websites**

Active Scotland British Dietetic Association

Choose To Lose Eat Better, Feel Better NHS Choices www.activescotland.org.uk www.bda.uk.com/foodfacts/home www.bdaweightwise.com www.teenweightwise.com www.nhsforthvalley.com/weight www.eatbetterfeelbetter.co.uk www.nhs.uk Health A-Z Tab search "Food and Diet" or 'Health and Fitness' www.nhsinform.co.uk

**NHS Inform** 

#### **Useful Health Apps**

NHS Choices - Tools Library

www.nhs.uk/tools/pages/toolslibrary.aspx



#### Hosted on our website **Choose To Lose...** and keep weight off for good!

www.nhsforthvalley.com/weight



Produced by NHS Forth Valley Nutrition and Dietetic Health Improvement Team - July 2016

 $\odot$