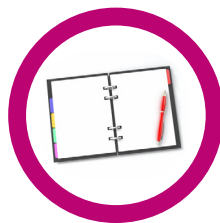
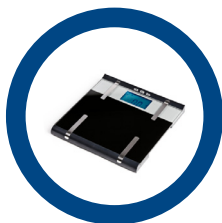


# Choose To Lose...

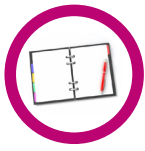
## and keep weight off for good!

### Self Help Toolkit



[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

Use these worksheets along with advice from our web pages to help plan and record the changes you make to your eating and activity levels.



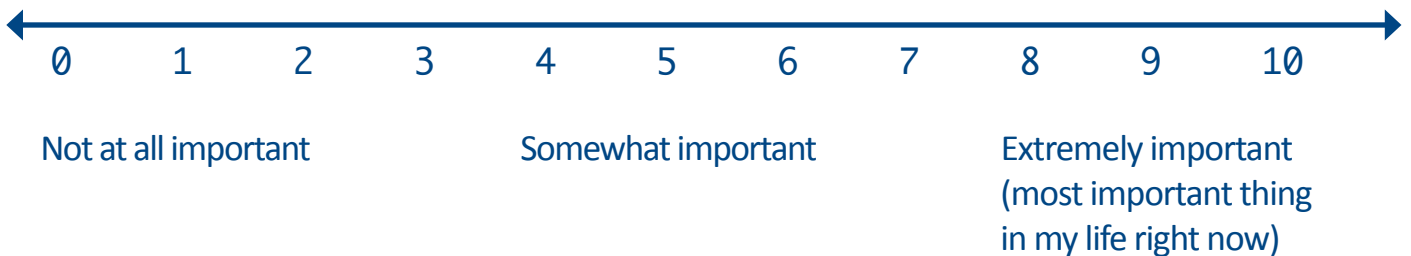
[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

# Are You Committed & Ready to Lose Weight?

This worksheet can help you to see if you are ready to start managing your weight right now.

## Self-Rate Importance

On a scale of 0-10 how important is it for you to lose weight right now? Try scoring yourself on the scale below:



My importance rating is \_\_\_\_\_

After you have chosen where you fit on the scale above, here are a few questions you may wish to ask yourself.

- Why am I a \_\_\_\_\_ (insert your score) and not a zero?
- What would it take for me to get from \_\_\_\_\_ (insert your score) to \_\_\_\_\_ (the next higher number)?

### Importance Score

- |        |   |
|--------|---|
| 7 - 10 | You are really keen to get started and may have already started to plan changes to manage your weight.  |
| 5 - 7  | You feel it is important to make changes but other issues in your life are equally important. It is okay to have these feelings. Remind yourself why you personally want to lose weight and the benefits you would achieve. |
| 3 - 5  | This may not be the right time for you to begin a weight management programme as other issues in your life seem to be taking priority. Give it time then retake this exercise. Your feelings may have changed.              |
| <3     | You may not feel this is the right time to lose weight. You need to be in the right frame of mind to have any success!!   |

## Self-Rate Confidence

On a scale of 0-10 how confident are you that you can make changes to your lifestyle - diet and physical activity levels?

Try scoring yourself on the scale below:



Not at all confident

Somewhat confident

Extremely confident

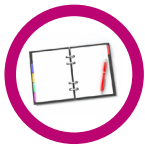
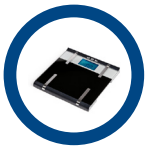
My confidence rating is \_\_\_\_\_

After you have chosen where you fit on the scale above, here are a few questions you may wish to ask yourself.

- Why am I a \_\_\_\_\_ (insert your score) and not a zero?
- How could I get from \_\_\_\_\_ (insert your score) to \_\_\_\_\_ (a higher number)?

If you are not confident and do feel it is important for you to lose weight, now may not be the best time to begin any weight management programme.

However, if you feel confident and think it is very important for you to start to manage your weight then read on. This website 'Choose to Lose' has practical tips, advice and downloadable resources and tools which will help and support you make healthier lifestyle choices.



[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

# Making Lifestyle Changes

Making healthier lifestyle changes is the first step to losing weight.

Complete this worksheet and attach it to your fridge or above your desk at work as a visual reminder. It will help to constantly remind you of the benefits you will personally gain from losing weight. This is a great way to keep you motivated and focused on your goals.

What will I gain from losing weight?

Examples

- Feel fitter and healthier
- Able to fit into old clothes
- Less backache and joint pain

Add your own .....

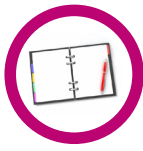
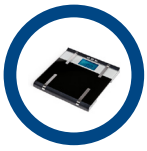
What could get in the way of me losing weight?

Examples

- Cannot eat anything I like
- Need to exercise more, so cannot watch as much TV
- Eat and drink less when socialising with friends
- I won't have time to be active

Add your own .....

What happens if I stay the same and make no changes?

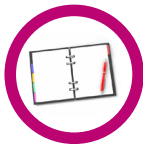
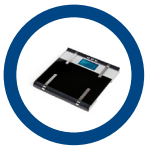


# Food and Activity Diary

Record everything you eat and drink and any physical activity you do in the table below. Use this log each week to plan what changes you should make and see if you meet your weekly goals.

**! Helpful Hint :** It might be useful to get a small notebook to keep going with this diary long term.

Date and Time	Food and Drink	Notes Where you've eaten and any thoughts or feelings you had. How were you feeling? - Hungry, bored, tired or stressed.	Activity Type Note what type of exercise and how long you spent doing it.



[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

# My Smart Goals

My goal is to .....

Why is this goal important to me?

## SMART GOAL CHECKLIST

Is my goal.....

- Specific
- Measurable
- Achievable
- Realistic
- Time Bound

Date started:

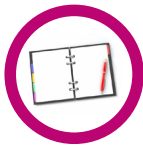
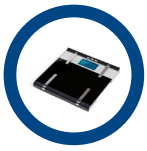
Plan of Action/Steps to achieve my goal .....

- 
- 
- 
- 
- 

Challenges/Obstacles I should be aware of .....

- 
- 
- 
- 
- 

Date achieved:



[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

# Weight Change Tracker

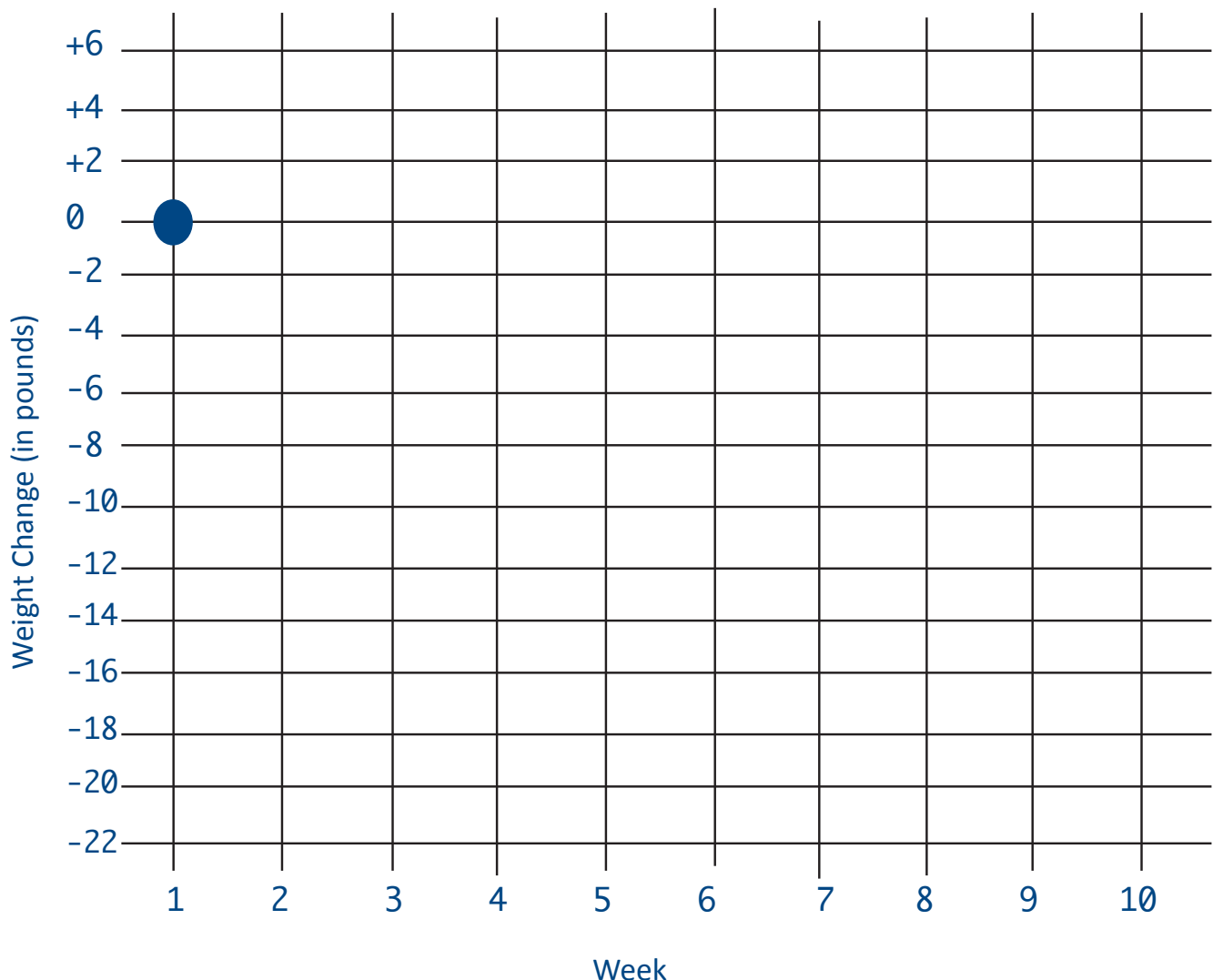
Use this chart to record your weight changes. Record the date over the next 10 weeks and directly underneath record your weight in stone and lbs.

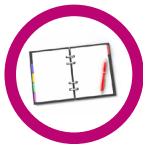
Week 1 has been plotted for you on the graph - this is your starting weight. Each week after you weigh yourself, plot your weight changes on the graph below. Then connect the dots with straight lines. This will help you monitor or track the changes in your weight.

**! Helpful Hint : If you find this useful then keep it going for much longer.**

## WEIGHT CHANGE RECORD

Week	1	2	3	4	5	6	7	8	9	10
Date										
Weight										





[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

# Keeping Motivated Checklist

Choose to lose and keep weight off for good

## BEST TIPS Checklist:

This list has been collected from lots of people who have lost weight and managed to keep it off for over 5 years.

- o Ask yourself why you want to lose weight
- o Ask yourself what gets in the way of you losing weight
- o Plan a realistic weight loss to aim for (e.g. 10% of current weight)
- o Self monitor - weigh yourself and keep a food and activity diary
- o Plan, Plan, Plan - decide on small “doable” changes
- o Reducing fat and sugary food intake
- o Eat breakfast
- o Make sure you get support from family, friends and colleagues
- o Deal with lapses straight away
- o Understand what/who influences your eating and plan to change
- o Stay positive as it is not the end of world if you eat something you felt you shouldn't
- o Think about your thinking - negative thoughts will stop you doing well
- o Understand portion and serving sizes
- o Use a small plate and adapt recipes
- o Eat slowly
- o Understand food labels
- o Gradually increase your activity
- o Reduced sedentary behaviour
- o Acknowledge all the positive changes you have made and congratulate yourself
- o Keep weighing yourself on a regular basis - its normal to experience a small increase in weight at 1 year
- o Give yourself a target weight that you don't want to go above