



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Two Activity Workbook



Lesson Two Topics and Activities

This Week's Topics

- » Learning to eat less
- » Feeling full at 450
- » Taking 20
- » Measuring your portions by hand

This Week's Tasks

- » Continue to keep track of your daily intake and assess R-K-O status daily.
- » Practice using Eat Less strategies: 450 in 20 minutes, measure portion sizes.
Record any questions, thoughts or feelings you have throughout the week to share
- » during the group chat.

This Week's Activities

- » Stack up to the 450 rule



This Week's Activity: Stacking up to the 450 rule

- » Take a peak at the journal entry below and see how this person's meals stack up to the 450 rule. Use an online calorie counter to see how many calories each meal contains and mark whether this person is meeting the 450 rule or not. Notice the late night snacking, but don't worry about calculating the calories for those. After you complete the activity, see the activity key on the next page for answers.

Day of the week: Tuesday

Date: July 21, 2009

Calorie Goal: _____

Exercise Goal: _____

Time	Food (Amount & Name/Description)	Calorie Worksheet	450 Rule (yes/no)
Breakfast 7:00 a.m. (hungry)	2 slices white bread 2 tsp. margarine Coffee with cream and sugar		Breakfast Total:
Lunch 12:30 p.m. (very hungry)	2 slices of pizza 1 small bag of potato chips 12 oz. diet cola		Lunch Total:
Dinner 6:30 p.m. (very hungry)	1m c. salad greens 2 tbsp. Italian dressing 1 dinner roll diet cola		Dinner Total:
Late night (still hungry)			
8:30 p.m.	1 fat free rice cake 2 tsp. almond butter		
9:30 p.m.	1 peach & a handful of tortillas		
10:00 p.m.	2 c. regular ice cream		



- » Do you notice anything about the meal patterns you see for this person as they move through their day?

Answer Key

Day of the week: Tuesday

Date: July 21, 2009

Calorie Goal: _____

Exercise Goal: _____

Time	Food (Amount & Name/Description)	Calorie Worksheet	450 Rule (yes/no)
Breakfast 7:00 a.m. (hungry)	2 slices white bread 2 tsp. margarine Coffee with cream and sugar	140 51 120	Breakfast Total: 311 No, under 450
Lunch 12:30 p.m. (very hungry)	2 slices of pizza 1 small bag of potato chips 12 oz. diet cola	540 130 0	Lunch Total: 670 No, over 450
Dinner 6:30 p.m. (very hungry)	1m c. salad greens 2 tbsp. Italian dressing 1 dinner roll diet cola	540 0	Dinner Total: 203 No, under 450
Late night (still hungry)			
8:30 p.m.	1 fat free rice cake 2 tsp. almond butter		
9:30 p.m.	1 peach & a handful of tortillas		
10:00 p.m.	2 c. regular ice cream		



» **Breakfast**

This meal is not balanced (it does not contain a protein and a fruit/veggie, it is predominately starch), it lacks fiber and protein, both important factors in keeping hunger at bay. Adding an egg or a yogurt with berries would have helped make this a balanced meal.

» **Lunch**

Too many hours have gone by without a meal or a snack. The goal is to eat every three to four hours to keep hunger at bay. Notice how the person writes that they are “very hungry.” Generally when you reach this point, your hunger overrides your ability to “eat less” and “eat well,” two very important factors in reaching your set point.

» **Dinner**

Too many hours have again gone by between meals. At this meal, however the person is trying to make up for their large lunch by “being good” at dinner and eating below 450 calories. This backfires however, leaving them hungry and susceptible to late night snacking.

Set Point Strategies

- » Eat well at breakfast by following guidelines.
- » Fuel up every 3-4 hours to prevent hunger from getting out of hand.
- » Follow “450 in 20” rule for eating.