



# Break Through Your Set Point

*Finally Lose the Weight and Keep it Off!*

## Lesson Seven Activity Workbook



## Lesson Seven Weekly Topics and Activities

### **This Week's Topics**

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- » Strategies for Mindful Eating
- » Looking Back to Move Forward

### **This Week's Tasks**

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- » Continue to keep track of your daily intake and assess R-K-O status and daily weight
- » Continue using Eat Less, Eat Well, Stress Less strategies from previous weeks
- » Be more mindful at each meal.
- » Be aware of your behavior chains and strategize on how to break the links.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

### **This Week's Activities**

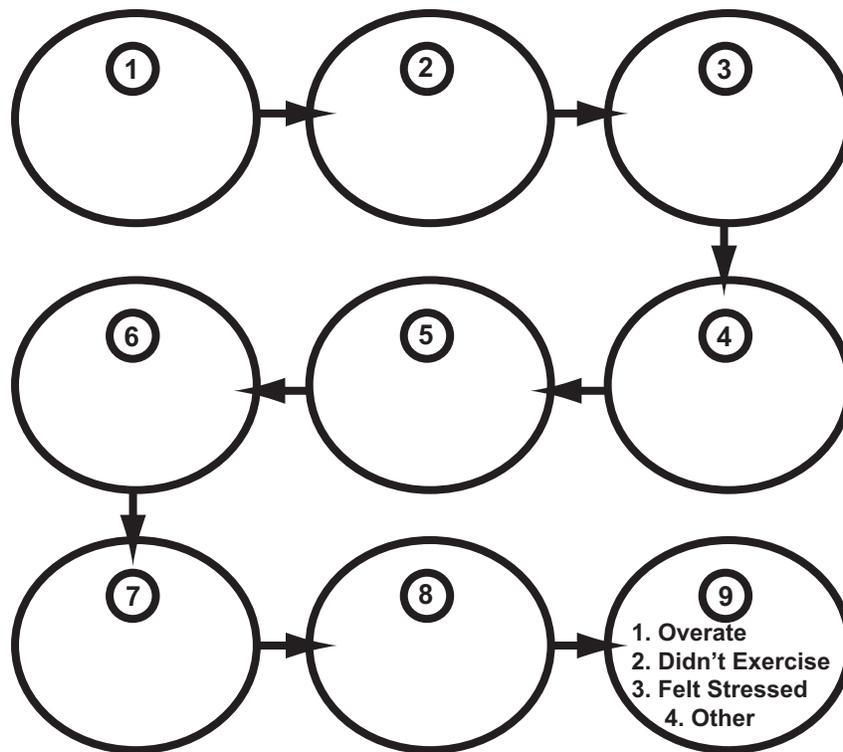
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- » Breaking Through the Barriers
- » Making an Action Plan
- » Chat with Kristina Spellman Wednesday, August 26 at 1 p.m.

# Activity 1: Personal Behavior Chain

## Looking into the Past

- » Look at the last bubble. Start by choosing a negative behavior that you have experienced in the past. A few examples have been provided. Working backwards, go as far as you need to in the behavior chain filling in the behaviors that led to the final result you choose.





Fill in the behavior chain above. Brainstorm ways that you could have broken the chain at each link:

Link 1: \_\_\_\_\_

Link 2: \_\_\_\_\_

Link 3: \_\_\_\_\_

Link 4: \_\_\_\_\_

Link 5: \_\_\_\_\_

Link 6: \_\_\_\_\_

Link 7: \_\_\_\_\_

Link 8: \_\_\_\_\_

Link 9: \_\_\_\_\_

## Activity 2: Make an Action Plan

### Plan for Your Next Goal

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- » Once you have identified your problem area, brainstormed strategies and picked one to try, it is time to commit the action plan to paper. When setting goals it is important to be specific.
1. **What you plan to do:** “I will eat breakfast.”
  2. **When you plan to do it:** “Right after I take my shower in the morning.”
  3. **What is necessary to complete the goal:** “Go to the store and get a cereal I like.”
  4. **Roadblocks to plan for include:** “Not leaving myself enough time in the morning, getting bored with the same breakfast, not feeling hungry.”
  5. **Ways to get around the roadblocks:** “Giving myself 10 extra minutes in the morning, getting a few cereal choices (one hot, one cold), curbing my night snacking.”
  6. **Who you will get support from:** “I will tell my coworkers about my goal and ask them to keep encouraging me.”
  7. **How you will reward yourself (non-food):** “I will buy that new cd I really wanted.”

### Create Your Action Plan

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An area that I would like to work on is: \_\_\_\_\_

1. What I plan to do:
2. When I plan to do it:
3. What is necessary for me to complete the goal:
4. Roadblocks to plan for include:
5. Ways to get around the roadblocks include:
6. I will get support from:
7. I will reward myself with/by: