

**REVIEW - MEETING # \_\_\_\_\_**

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight at Meeting # \_\_\_\_\_ pounds. Today's Weight \_\_\_\_\_ pounds. Plus/Minus \_\_\_\_\_ pounds

	<b>More Often Than Not</b>	<b>Could Do Better</b>	<b>Seldom/Never Accomplish</b>
1. I keep a detailed log of food.	_____	_____	_____
2. I weigh daily (a.m. and p.m.).	_____	_____	_____
3. I am losing inches.	_____	_____	_____
4. If not hungry and thinking of food, I find new coping strategies to help the moment pass.	_____	_____	_____
5. Assignments and NEEDS WORK page reviewed a little each day.	_____	_____	_____
6. Daily food needs are planned for accordingly.	_____	_____	_____
7. Before consuming any food, <i>I ask Am I hungry, or what?</i>	_____	_____	_____
8. If hungry, I take nickel-sized bites to create a 20-minute meal.	_____	_____	_____
9. I make sure mouth is empty before inserting more food.	_____	_____	_____
10. During a meal I ask, <i>Am I still hungry?</i>	_____	_____	_____
11. I have either a SOUP, an EGG, or an ALL VEGETABLE meal once a day at lunch or dinner.	_____	_____	_____
12. I circle (on my food log), Soup, All-Vegetable, and Egg Lunches and Dinners.	_____	_____	_____
13. I put food on a plate and eat with utensils.	_____	_____	_____
14. I SKIP and SCATTER same category foods.	_____	_____	_____
15. As part of a meal, I choose Bread OR Beverage OR Dessert OR Alcohol, one of four or none.	_____	_____	_____
16. If <i>not</i> hungry, I figure out why I'm thinking of eating.	_____	_____	_____
17. I choose food from the middle of the MEAL PARAMETERS list before choosing items from the top or the bottom of the list.	_____	_____	_____
18. I drink 8-10 glasses of water daily.	_____	_____	_____
19. I choose hot cereal, cold cereal, and egg for breakfast.	_____	_____	_____
20. I seek a wide variety of foods, vegetables, and preparations.	_____	_____	_____
21. If not hungry and thinking of eating, I find new ways to cope with the ups and downs of life.	_____	_____	_____
22. No matter how difficult it is to accomplish the assignments,	_____	_____	_____

- I go back on THE PROGRAM at the very next meal. \_\_\_\_\_
23. I tally the frequency of FILLERS in my log. \_\_\_\_\_
24. I Skip a day or Scatter at different meals all the foods I choose. \_\_\_\_\_
25. I leave over one bite of food each day, one bite each meal, when appropriate. \_\_\_\_\_
26. Breakfast consists of some 1 item and occasionally 2 item meals. \_\_\_\_\_
27. Lunch usually consists of some 1, some 2 and occasionally a 3<sup>rd</sup> item. \_\_\_\_\_
28. Dinner usually consists of some 1 item, some 2 item, and occasionally a 3 item meal. \_\_\_\_\_
29. I try to have 4/5/6 items *or less* of food each day. \_\_\_\_\_
30. I breathe deeply and stretch to relieve stress, tension, or boredom, rather than using food. \_\_\_\_\_
31. I've been ordering, buying, and preparing less food. \_\_\_\_\_
32. My difficult moments are less frequent, shorter in duration, and diminished in volume and ferocity. \_\_\_\_\_
33. I am buying smaller eggs, chickens, fruits, and vegetables. \_\_\_\_\_
34. The portion size of most items have diminished by a bite, a slice, a sliver, a sip, and a swallow. \_\_\_\_\_
35. I am clothing a smaller person and have thrown out *big* clothes. \_\_\_\_\_
36. I *think* of myself as a smaller person. \_\_\_\_\_
37. I'm feeding a smaller person. \_\_\_\_\_
38. Every food choice I make reflects my ultimate weight-loss goal. \_\_\_\_\_
39. What is the most important Quantum Leap you have jumped and why.  
\_\_\_\_\_
40. What few assignments NEED WORK?  
\_\_\_\_\_
41. Write a list of the, *could do better* and *seldom or never accomplish*.
42. Rewrite these assignments into your logbook for daily review.
43. Email Caryl@ConquerFood.com with your a.m. weight and a positive story.