



8 weeks to WELLNESS



MANAGE WEIGHT • IMPROVE HEALTH • FEEL BETTER

with the Y



WEEK ONE WORKSHEETS:

SETTING YOURSELF
UP FOR SUCCESS

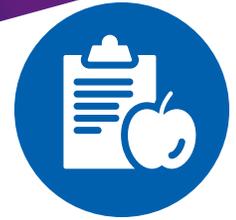




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Importance of Meal Planning

INFOSHEET

Setting yourself up for success requires some planning but it does not have to be overwhelming! Planning your meals in advance can help you stay on track with your healthy eating habits. When you've planned your meals in advance, you're less likely to make last minute impulse choices like stopping at a drive through or ordering a pizza.

GETTING STARTED: TIPS & TRICKS

- › If you're new to meal planning, start small. Pick one meal type (breakfast, lunch or dinner) that you find the most challenging and begin there.
- › Remember to allow yourself some flexibility. If Tuesday's meal sounds better on Monday, switch it up.
- › Write your plan down on a paper tracker or use a meal planning tool.
- › Schedule your time. Decide when you will meal plan each week and put it on your calendar.
- › Have ingredients ready. Be sure to allow time for any grocery shopping or thawing frozen food ahead of time.
- › You can multitask by using your food tracker as your meal planner. That way, you've planned your meals and tracked your food in advance – all at once. Just be sure to adjust your tracker if your plans change.

MEAL PLANNING APPS

If you prefer to keep all your planning on your smart devices, or want to have access to recipes and grocery lists with your meal planning, you may prefer to use a meal planning app.

Many online meal planners offer free and premium versions that vary in cost. Some apps offer a free trial so check out free versions or trial offers before you buy!

Here are a few examples but there are many more options available to explore.

› ANYLIST APP

This app provides a place for you to easily import or create your own favorite recipes, a calendar to plan your meals and a convenient grocery list capability making meal planning and grocery lists much more manageable.

› EAT THIS MEAL PLANNER

This app provides the recipes for you based upon your food preferences, budget and eating habits. The premium version automatically creates meal plans for you.

› SIMPLE MEAL PLANNER

This simple app is great for those looking for a basic way to meal plan or help with a food budget. Add your own recipes and manage your grocery list in one place.

› MEALIME

This app does the meal planning work for you. Select from a list of recipes and the app will create a meal plan and grocery list for you.

› PAPRIKA RECIPE MANAGER

This app can help you organize your own recipes, create grocery lists and plan your meals. It even has a pantry function to keep track of what ingredients you have and when they expire.



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Tools for Tracking

FOOD & ACTIVITY

The following is a list of some available online nutrition tracking programs and nutrient databases. The programs are listed in order of ease of use and popularity from previous participants.

MYFITNESSPAL

www.myfitnesspal.com

Create a free account to track your daily food and exercise in an online journal. This program allows you to enter recipes and choose from recently consumed foods to help keep tracking simple. This program allows users to scan barcodes of popular products and instantly pull up nutritional information.

Users should be cautioned because the online database of foods is modifiable, so be sure to double check that the nutrition information seems accurate before adding the food to your diary. MyFitnessPal also has an application available for free download and easy access. Weekly diet diaries can be downloaded by following these steps:

- Log in to your account on myfitnesspal.com
- Click the "Food" tab
- Scroll down to the bottom of the page and click "View full report (printable)"
- Select date range you wish to view/download
- Click "change report"
- Print or save an electronic copy to send to your Lifestyle Coach



MYPLATE

www.livestrong.com/myplate

Create a free account to track food and exercise from your smart phone or computer. You can create customized goals for macro- and micro-nutrients and it provides a comprehensive dietary analysis. It also has a premium version with additional functionality.

LOSE IT!

www.loseit.com

Create a free account to track your daily food and exercise in an online journal. Lose It! analyzes your information and will calculate daily calorie counts, as well as your carbohydrate, fat, and protein intake. Lose It! also has premium membership and computer software that is ad-free and allows for more custom tracking and advanced reports that can be downloaded.

FITDAY

www.fitday.com

Create a free account to track your daily food and exercise in an online journal. FitDay analyzes your information and will calculate daily calorie counts, as well as your carbohydrate, fat, and protein intake. FitDay also has premium membership and computer software that is ad-free and allows for more custom tracking and advanced reports. It also has an iPhone application.

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SPARKPEOPLE

www.sparkpeople.com

SparkPeople offers free personalized diet and fitness plans, a calorie counter, a workout tracker, exercise demonstrations and videos, and answers from dietitians and trainers on message boards. It also allows you to connect with others who have similar goals in “support teams.” SparkPeople has a large web network of sites including a site for teens (www.sparkteens.com), blogs about healthy living (www.dailyspark.com), and a recipe exchange from members (www.sparkrecipes.com). It also has mobile phone applications for Android, Blackberry, iPad, and iPhone.

SEE HOW YOU EAT

www.seehowyoueat.com

This application offers an alternative method to tracking your food by using pictures to visually track and a focus on an 80/20 approach to eating.



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Getting Started

TRACKING FOOD & ACTIVITY

DATE

Write in the date of the diary entries.

TIME

Write down, as accurately as possible, the time you eat.

FOODS EATEN

Write in the amount of food you eat with as much detail as possible. For example, one cup of brown rice, one cup steamed broccoli, one teaspoon soy sauce, and a 3oz grilled chicken breast. Among the measurements you may use are fluid ounces, cups, grams, teaspoons (jam, butter), slice (bread), tablespoon, gallon, liter, or milliliters.

If you list something as a "cup" (as in coffee or tea), a "glass" (milk, beer, water, etc.), or a "bottle" or "can," estimate the size of the container (usually listed in fluid ounces on the front of the container). You may also write in just the quantity of the food when the amount is obvious, like "1 small hamburger with bun, 2 medium apples, 3 small cookies, etc.

Lastly, write in the contents of foods where appropriate. For example, instead of writing "vegetable soup", write in "soup with carrots, vegetable broth, onion, garlic, etc." for foods with multiple ingredients.



FEELINGS

Write in your emotions, as well as energy and stress levels. This is the place to chart your ups and downs during the day. Typical entries might include: "sad, depressed, high energy, low energy, very happy, tired, poor sleep last night, sleepy, runny nose, caught a cold, feeling very irritable, or fighting with partner." Do not limit yourself to just these entries.

What is important is that you record the ebbs and flows of your day. Try to correlate the entries as closely as possible with the times listed to the left of the nutrition and activity tracking tool.

PHYSICAL ACTIVITY

List your activity level (e.g., whether you are sedentary or active). Typical listings might include, "brisk walk for 20 min, worked in the garden for 2 hours, biked to work, or sat in the office all day."





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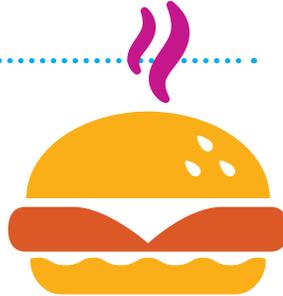


Take Charge of Your Environment

INFOSHEET

CUES THAT MAKE YOU WANT TO EAT

- > Hunger
- > What you're thinking or feeling
- > What other people say and do
- > Sight and smell of food
- > Certain activities that make you think about food, like watching TV or reading magazines



When you respond to a food cue in the same way, over and over again, you build a habit.

CHANGING PROBLEM FOOD CUES AND HABITS

- > Stay away from the cue or keep it out of sight
- > Build a new, healthier habit by practicing responding to the cue in a healthier way
- > Add a new cue that helps you lead a healthier life

It takes time to break an old habit and build a new one!

COMMON PROBLEM FOOD CUES

AT HOME:

- > **Living Room:** TV, computer, telephone, candy dishes
- > **Kitchen:** ready-to-eat foods, ice cream, cheese, cookies, foods being cooked, leftovers
- > **Dining Room:** serving dishes on table, large dinner plates, leftovers on plates

AT WORK:

- > **Bakery:** on the way to work
- > **Public Areas:** doughnuts, high-fat coffee creamers, candy
- > **Desk / Vending Machines:** candy, high-fat snacks

REMEMBER!

- 1 Keep high-fat/calorie foods out of your house and work place or keep them out of sight. Out of sight is out of mind.
- 2 Keep lower-fat/calorie choices easy to reach, in sight, and ready to eat.
Examples: Fresh fruits, raw vegetables (pre-washed), nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-free Jell-O or popsicles
- 3 Limit your eating to one place.
- 4 When you eat, limit other activities.

ACTIVITY CUES

ADD POSITIVE ACTIVITY CUES TO YOUR LIFE:

- > Keep these in sight: Shoes, bag, exercise mat, bike, calendar or graph, video and magazines, photos, posters
- > Set a regular "activity date" with a friend or family member
- > Set a timer or alarm on your watch to remind you to be active
- > Others: _____

GET RID OF CUES FOR BEING INACTIVE:

- > Limit TV watching or be active while you watch
- > Don't pile things at the bottom of the stairs
- > Climb the stairs each time something needs to be taken upstairs
- > Others: _____

You can make food and activity cues work FOR you, not against you.

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