



Workbook One

Establishing Baselines

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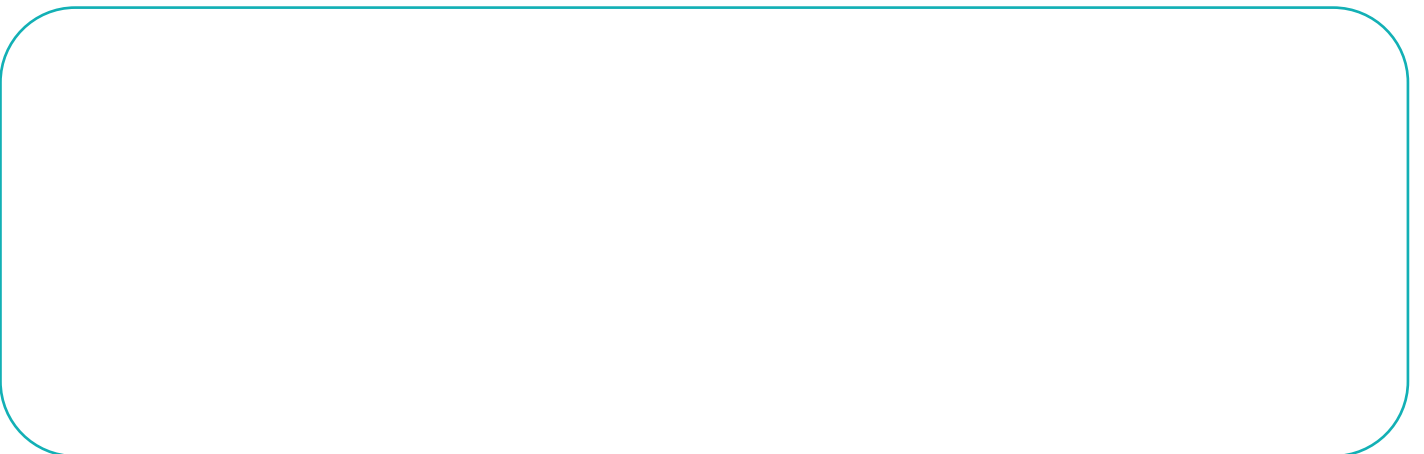
How You Feel About Food

This exercise will help you to identify the foods you label as either “good” or “bad”. Being aware of this mindset will help you to work on changing it toward one that’s more beneficial to you.

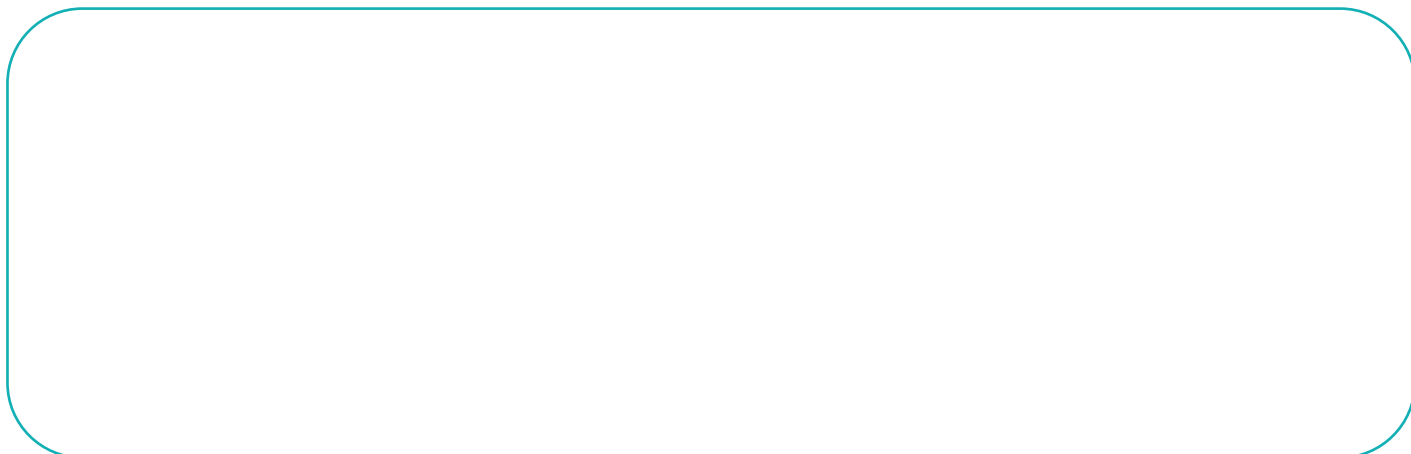
What foods do you label “bad” foods? Why?



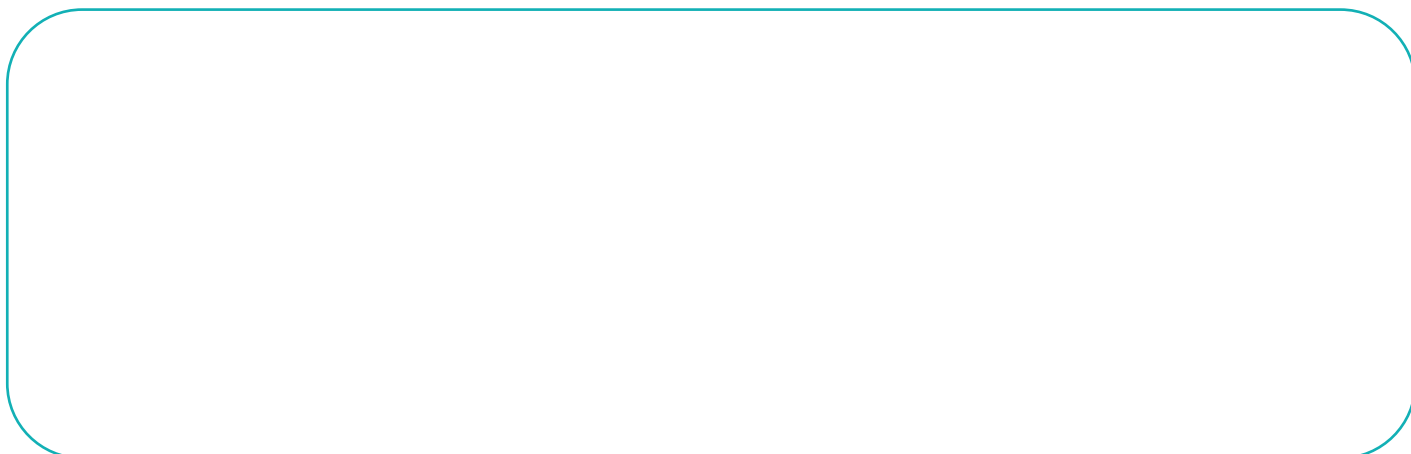
What foods do you label “bad” foods? Why?



How do you feel about yourself after eating “bad” foods?



How do you feel about yourself after eating “good” foods?



Remember, according to the Academy of Nutrition and Dietetics, all foods can fit into a healthy diet using the simple principles of balance, variety, and moderation. If you decide to have a slice of birthday cake, don't beat yourself up over it. Sugars are also part of the daily recommended foods, as long as they are eaten in moderation.

Lose It

Lose It is a useful online tool to help you set daily calorie budgets, track your food intake, track your exercise, and stay motivated through peer support. Signing up is free and only takes a few minutes. You will be using Lose It to track your food and activity throughout the duration of this program.

1. Go to <https://www.loseit.com/> and click on the “Start Losing It!” button right on the front page.
2. On the next page, put in your email, desired password, and personal information.
3. You will then enter your current weight and your end desired weight along with how many pounds you aim to lose each week. With this information, it gives you an end date for your goal based on how many pounds you plan to lose each week.
4. Click “Sign Up” and you’re ready to start Losing It!

Lose It has many useful tools and features to help you to be successful.

- Community Support: Whether you have friends you’ll be tracking with or you are searching for a community to join, Lose It has loads of options!
- Food and Exercise Tracker: Right from the home page of Lose It, you have the options to search for the foods you eat. The program inputs the calories for you, along with telling you how many calories you have left for the day. The same applies to the exercise tracking. You can search by exercise and it calculates the calories burned for you.
- Challenges: Lose It offers various challenges to help keep you motivated. Sign up for as many as you’d like!
- Convenient Goal Tracking: Lose It provides charts based on your current progress.
- Convenient mobile apps for when you are on the go!

Starting Measurements

With a cloth tape measure, carefully measure the following in inches:

Chest (around the fullest part of your bra)

Natural Waist (Just below ribs)

Low Waist (about 2 inches below belly button)

Hips (around the fullest part)

Fullest Part of Upper Arm (both left and right)

Thickest Part of Thigh (both left and right)

Enter your starting weight here

Take Starting Pictures

Pictures are a great way to remind yourself of how far you have come. Most of us won't remember how we looked at the start of the program, and this is a great way to track progress. If you don't have someone to help you take the pictures, use a webcam, a timer on a camera, or a mirror. Ideally, these should be done with a tank top or something form fitting.

Attach your printed pictures here for future reference:

Full Body from the Front:

Full Body from the Right Side:

Full Body from the Left Side:

Monday

Track Your Daily Energy Expenditure

1. Fill out the table, hour by hour, by noting minutes spent in each activity zone.
2. Each line across should total 60 minutes when all sections are filled in.
3. After filling out the entire 24 hours, you can sum up minutes and hours in the "Sum" line.
4. Enter the values into the calculator <http://www.health-calc.com/diet/energy-expenditure-advanced>

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SUM in Minutes						
In Hours & Minutes						

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Friday

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Sunday

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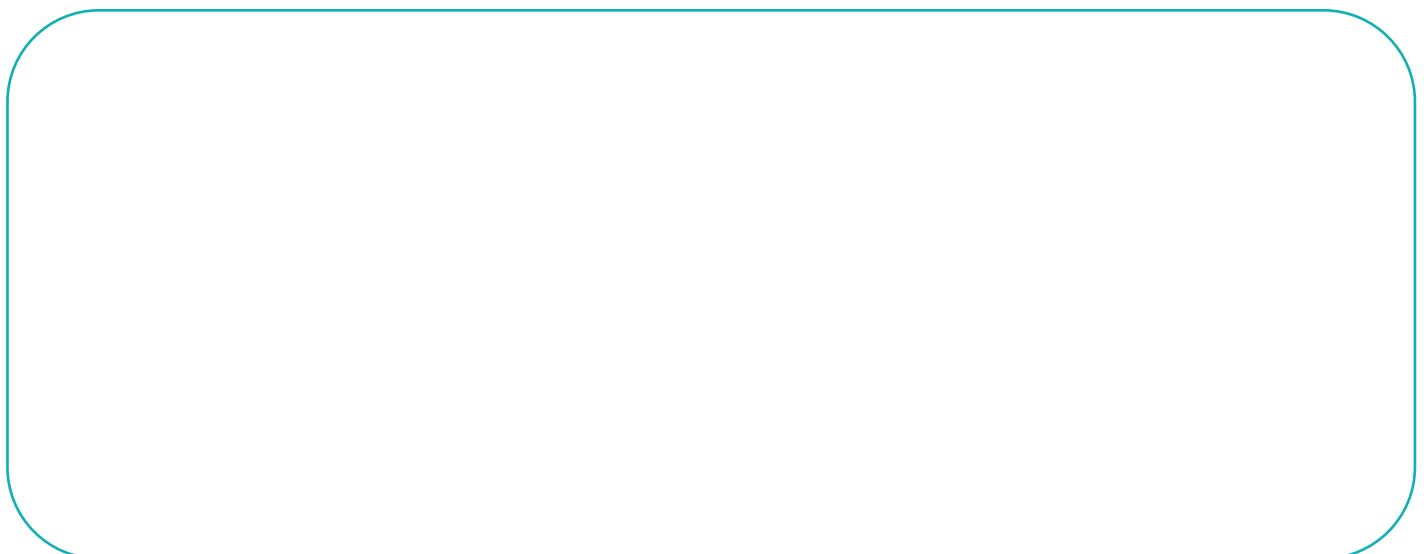
Why I Joined

This exercise is designed to help you identify your “Why”. Why does succeeding at this program matter, even when things feel tough?

Why did I join this program?



What do I hope to achieve by taking part in this program?



How will healthy eating and being active help me and help others?

