

My Take Home Action Plan

Session 1: Steps to Weight Loss Success

GET SMART:

Smart, Measurable, Action-based,
Realistic and Time-bound

T
R
A
C
K
G
O
A
L

SLEEP FOCUS

1. What is the average number of hours I sleep each weekday night? _____ weekend night? _____
2. On average, how satisfied am I with my sleep quality?
 - Very satisfied
 - Somewhat satisfied
 - Not satisfied
3. How are my day-to-day energy levels?
 - High (lots of energy)
 - Medium
 - Low
4. What can I do to improve the quantity and quality of my sleep? (Change my sleep environment; change my pre-bedtime routine)

1. I will _____

Aim for 7-8 hours of quality sleep each night

ACTIVITY FOCUS

1. How many steps do I normally get each day? _____ each weekend day? _____
2. How many days do I exercise each week?
 - 0-2
 - 2-4
 - 5
 - 6-7
3. On average, how many minutes do I spend each day performing aerobic exercise?
 - 10-15
 - 20-30
 - 35-45
 - 45+
4. I will get up and move for 10 minutes every hour? Y N
5. What ways can I increase my activity during the weekends and on the weekdays? (i.e., go to bed 30 minutes earlier and wake up 30 minutes earlier to exercise, take the stairs in my building, etc.)

1. I will _____

Aim for 10,000+ steps each day OR
200+ minutes of aerobic exercise / wk

NUTRITION FOCUS

1. To better understand my current intake:
 - Paper/pen method
 - Phone App
 - Web-based Tool
2. I will track at least 1 weekday and 1 weekend day? Y N
3. How many meals do I consume each day? ____
4. How many snacks do I consume each day? ____
5. How many servings of fruits and vegetables do I eat per day? _____ fruits _____ veggies
6. How many cups of water do I drink each day? _____ (8 oz. = 1 cup)
7. How many alcohol, sugar-containing, and/or energy drinks do I drink each day?
(M-TH)____alcohol ____sugar-containing ____energy
(F, SAT, SUN)____alcohol ____sugar-containing ____energy
8. How are my day-to-day energy levels 30-60 minutes after I eat a meal?
 - High (lots of energy)
 - Medium
 - Low

1. I will _____

Decrease 250 – 500 extra calories



SMART GOAL STARTERS AND EXAMPLES

Steps to Weight Loss Success

SLEEP

1. I will get to bed 30 to 60 minutes earlier by calmly unwinding with _____ and turning out the lights at _____.
2. I will block out noise disturbances every night using _____.
3. I will darken my room every night using _____.
4. I will not drink coffee or other caffeinated beverages past _____.
5. I will limit alcohol and/or avoid alcohol within 2 – 3 hours of bedtime.
6. I will stop watching TV, gaming, surfing the net, texting, working on the computer, etc. within 60 minutes of my bedtime (lights out time) and instead, calmly unwind using _____.
7. I will try to stick to a normal bedtime routine (one that allows 7-8 hours of sleep each night) even on the weekends by going to bed at _____, and wake up at _____.

Aim for 7-8 hours of quality sleep each night

ACTIVITY

1. I will go to bed 30 to 60 minutes earlier and wake up 30 – 60 minutes earlier to exercise for 30, 45, 60 (circle) minutes each morning.
2. I will walk for 20 minutes before (or after) lunch every day.
3. I will take a 10 minute “activity break” every hour at work.
4. I will walk or _____ for 30-60 minutes before or after dinner each night.
5. I will take the stairs whenever possible.
6. I will park my car a greater distance from all entrances.
7. I will limit screen time watching to \leq 30 – 60 minutes each day, and instead, will replace “leisure idle/sitting time” with an activity of my choice (dancing, biking, hiking, _____, etc.).
8. Instead of just sitting and waiting at the airport or at _____ (e.g., kids soccer practice), I will walk for _____ minutes.

Aim for 10,000+ steps each day OR 200+ minutes of aerobic exercise / wk

NUTRITION

1. I will replace my usual regular soda or other high calorie beverage with water, de-caffeinated/unsweetened tea, skim milk or light lemonade) at every meal and snack.
2. I will reduce my calorie intake by 250 – 500 calories by reducing my meat and starch portions at breakfast, lunch, dinner (circle).
3. I will reduce my calorie intake by 250 – 500 calories at snack time by packing a healthy snack (fruit, raw veggies, etc.) for work every day.
4. I will eat at least 4 vegetables every day by doubling up on veggies at lunch and dinner.
5. I will eat more fresh fruit by including at least ___ at breakfast, lunch, and/or dinner (circle) and ___ at each snack.
6. I will limit my alcohol intake to 0 - 1 regular sized drink on the weekends and/or during the weekdays.
7. I will drink 32 oz. or _____oz. of water in the a.m. and 32 oz. or _____oz. water before I leave work.
8. I will reduce my portions of any extras like regular butter, dressing, mayonnaise, etc. or replace these with low-calorie options like _____.

Decrease 250 – 500 extra calories / day
Aim for 8 fruits & vegetables / day