

Weight Management Homework

Congratulations on your decision to take control of your relationship with food and your body. You truly are the only one that can. You've most likely learned that diets do not work and that in fact they're counterproductive, so this is not about diet. This is about understanding your current relationship with food and your body and changing it into a healthy one.

Step 1: Just become aware of **what** you're eating. The best way to become aware is to write down whatever it is that you're eating throughout the day so we'll be starting your process with accurate information.

Step 2: Become aware of **why** you're eating. Physiological hunger, boredom, stress, other emotions and make a note of the reason next to the food so we can become aware of any patterns of emotional eating.

Step 3: Please weigh yourself before your first session, again so we're working with accurate information.

Step 4: If you're not doing any exercise currently make a commitment to do something – anything that equals moving your body for 10 minutes per day before your session. E.g. walking, dancing, yard work, biking, stretching, playing with your children, etc.

Step 5: Get a refillable water bottle that you like – ideally one that's at least 32oz. And if you feel that walking is going to be your primary form of exercise it's worth investing in a simple pedometer.

Step 6: Bring your homework with you when you come.

See, you've already taken six steps down your path to thin, fit and healthy.

I look forward to working with you.