

6-Step Behavior Modification Planning Worksheet

1. Set Specific Behavioral Goals

Type of Exercise
Example: Walking

How Long
45 minutes

How Long
Daily at noon

Type of Nutrition Change
Example: Eat more veggies

How much
5 servings

How Often
Daily

2. Set Weight Loss Goals

Target Goals
Example: Lose 20 lbs.

Time to Achieve Goals

Weight

Body Fat

Clothing

Health

Characteristics Example: BP < 145

3. Behavioral Strategies

Check off the behavioral strategies below in which you feel you could make improvements:

- | | |
|---|---|
| <input type="checkbox"/> Focus On Eating at Meals | <input type="checkbox"/> Serve and eat one portion at a time |
| <input type="checkbox"/> Eat in one place only | <input type="checkbox"/> Wait five minutes before getting seconds |
| <input type="checkbox"/> Do not clean your plate | <input type="checkbox"/> Plan your meals using MyPlate guideline |
| <input type="checkbox"/> Follow an eating schedule (meals and snacks) | <input type="checkbox"/> Order a la carte meals when eating out |
| <input type="checkbox"/> Slow your eating rate | <input type="checkbox"/> Limit salad dressings (try vinaigrette, lemon or salsa) |
| <input type="checkbox"/> Use a list while shopping | <input type="checkbox"/> Limit hidden calories (mayonnaise, fried foods, etc.) |
| <input type="checkbox"/> Shop on a full stomach | <input type="checkbox"/> Reduce alcohol |
| <input type="checkbox"/> Buy foods that require preparation | <input type="checkbox"/> Beware of the bread basket |
| <input type="checkbox"/> Store unhealthy foods out of sight; Make health snacks available | <input type="checkbox"/> Discuss ahead of time whether you are going to order appetizers or dessert |
| <input type="checkbox"/> Keep serving bowls off the table | |
| <input type="checkbox"/> Leave the table after eating | |

4. Reward Yourself Weekly*

Target Behavior

Ex: Exercise

Specific Criteria

30 min 3 times per week

Reward

Rent a video

When

Weekend

_____	_____	_____	_____
_____	_____	_____	_____

*Each day evaluate what you have done to meet you goal and give yourself points toward a non-food reward. Make a list of your own or use one of these:

1. Buy yourself exercise clothes
2. Read a book
3. Download a computer game
4. Spend time alone and do *nothing!*
5. Go to a museum
6. Buy a new pair of shoes
7. Pamper yourself with a manicure/pedicure
8. See a movie
9. Take a long bath
10. Put money towards a personal training session

5. Establish Larger Rewards

Target Behavior

Ex: Exercise

Specific Criteria

30 min 3x per week 80%
of the time for 6 months

Reward

Buy new jacket
(LL Bean p.36)

When

6 months
(Dec 25th)

_____	_____	_____	_____
_____	_____	_____	_____

6. Create Contingency Plan

Create a contingency plan for lapses in meeting goals

Exercise:

Nutrition:

Other:

Example: Jane ate a well-planned breakfast, she packed a healthy lunch and avoided the snack bar at work but when she got home she was exhausted and hungry. She ended up turning on TV, and by the time the evening was over she could not even recall what she had eaten. Jane felt terrible that she had undermined her own goal for improving her nutrition and exercise goals. Instead of continuing the pattern she used *positive self talk* to learn from the lapse as an opportunity to do better. She gave herself *time to reflect* and calmly evaluated what had happened. Jane then took out her list of reasons to lose weight and get fit and renewed motivation. She then decided to interrupt this pattern by changing the routine. From now on she would take a high-fiber bar or piece of fruit and eat it before leaving work and once she got home she would change into her tennis shoes and take a short walk.