

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	12 Weeks
	_____	_____
	_____	_____
	_____	_____

3. Behavioral Strategies

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

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

4. Reward Yourself Weekly*

<u>Target Behavior</u>	<u>Specific Criteria</u>	<u>Reward</u>	<u>When</u>
Ex: Exercise	30 min 3 times per week	Rent a video	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

<u>Target Behavior</u>	<u>Specific Criteria</u>	<u>Reward</u>	<u>When</u>
Ex: Exercise	30 min 3x per week 80% of the time for 6 months	Buy new jacket (LL Bean p.36)	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.