



Week 2

1. Getting Started

2. Thought Model

3. Food Journal

Community

Don't Miss Out!

- Say something about your day as it relates to your H&W.
- Feel free to do video or a picture.
- Commit to posting daily.
- Fitness Program Questions

Getting Started

S-pecific

M-easurable

A-chievable

R-elevant

T-imely

Getting Started

1. Pick One or Two

2. Monthly
Weekly
Daily Plan

3. **WHY**



Thought Model

Circumstance

Thought

Feeling

Action

Result

Getting Results

Neutral
Circumstance
VS
Thought

Your Thought

C-Goal Setting

T-Doesn't work/Tried it/Hate Planning

F-Frustrated, Confused, Anger

A-Avoid, delay, ignore

R-Lack of results, inconsistent change

Your Thought

C-Goal Setting

T-This works, planning

F-Excited, Anticipation

A-Set goals, take action

R-See Change

Thought Downloads

- Pay Attention to Thoughts
- DAILY 5-10 min Thought Download
- Ideally-Negative Emotion
- Look for Neutral Circumstance
- Not in your head-Paper or Computer

Food Journal

- **My Fitness Pal**
- **Paper**
- **Day Before**
- **Cravings**

Week 2

- **Getting Started**
- **Thought Downloads**
 - **One Daily**
 - **Goal Setting**
 - **Food Journaling**



Questions?

Community