

Neutral Circumstance: I would like to food journal the night before. CJ says it will help me.

Thought: I don't want to do a food journal the night before (much less the day of).

Feeling: 1.It's too time-consuming looking all these foods up.
2. I end up guessing at what the composition/calories of the foods are on My Fitness Pal.
3. I don't want to go back and correct my "night before plan" for two reasons – 1) If I correct it that I was inaccurate the first time and I'm a failure if I do not stick to my plan and 2) I don't want to do the same day over and then sit there and do the next day.
4: It's boring.

Action: No Food Journaling every gets done – the night before or the day of

Result: No food plan = poor food choices = no weight loss & not feeling healthy

Thought Model

Neutral C-Food Journaling the night before
Thought-I don't want to food journal (why)
Feeling-Failure, Bored
Action-No Journaling
Result-No Weight Loss/Feeling Healthy

Result: I am going to feel healthy and proud of myself and love myself (love myself enough to take the time to food journal).

Action: I am going to food plan and food plan correction. I am going to set a timer to see how long it really takes me.

Feeling: Look – it's just a plan and if the plan needs to change, you can change it. You will change it with good choices and that will result in you making yourself a priority, something you can feel good about. This is the time to make yourself a priority and to make that a habit so that the next 20 years are the best they can be. And you will be able to move and run around and hit that pickleball for as long as possible. Having fun with a whiffle ball!

Thought: I can food journal the CJ way. It really does not take that long and the benefits are noteworthy.

NC-Food journal

Thought Model Backward

R-Weight Loss/Feel Healthy

A-Food Journal The Night Before

F-

T-

NC-Food Journal



Thought Download Questions

1. What Am I Thinking
2. Why Am I Thinking That
3. How Does It Feel



Let's Talk **Pickleball**

VS

Let's Talk **Exercise**

Thought Model

NC-Pickleball

T
F
A
R



Thought Model

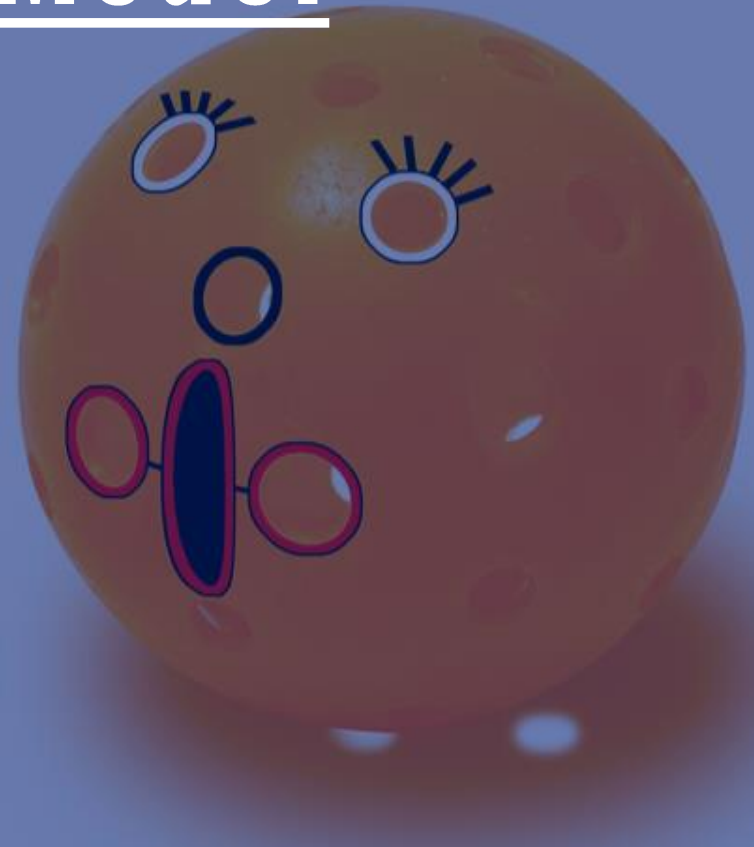
NC-Exercise

Thought

Feeling

Action

Result



Thought Model Backward

R-Get Fit

A-Exercise Regularly

F-Excited, Motivated

T-Being fit is fun, I play better pickleball

NC-Workout



Five Key Areas of Fitness

Body Fat Percentage

Cardio

Muscle Strength/Endurance

Balance/Stability

Flexibility/Mobility



Steps to Better Fitness

1. Fitness Test
2. Pick one additional area
3. Get help if needed



Questions?

The image features two large, colorful spheres on a blue background. The sphere on the left is light green with yellow polka dots and contains several small, colorful geometric shapes: a blue circle, a pink circle, and a blue asterisk. The sphere on the right is reddish-brown with a pattern of small, colorful shapes including a blue circle with radiating lines, a pink circle, and a blue circle with radiating lines. The word "Questions?" is written in large, white, bold, sans-serif font across the center of the image, overlapping both spheres.