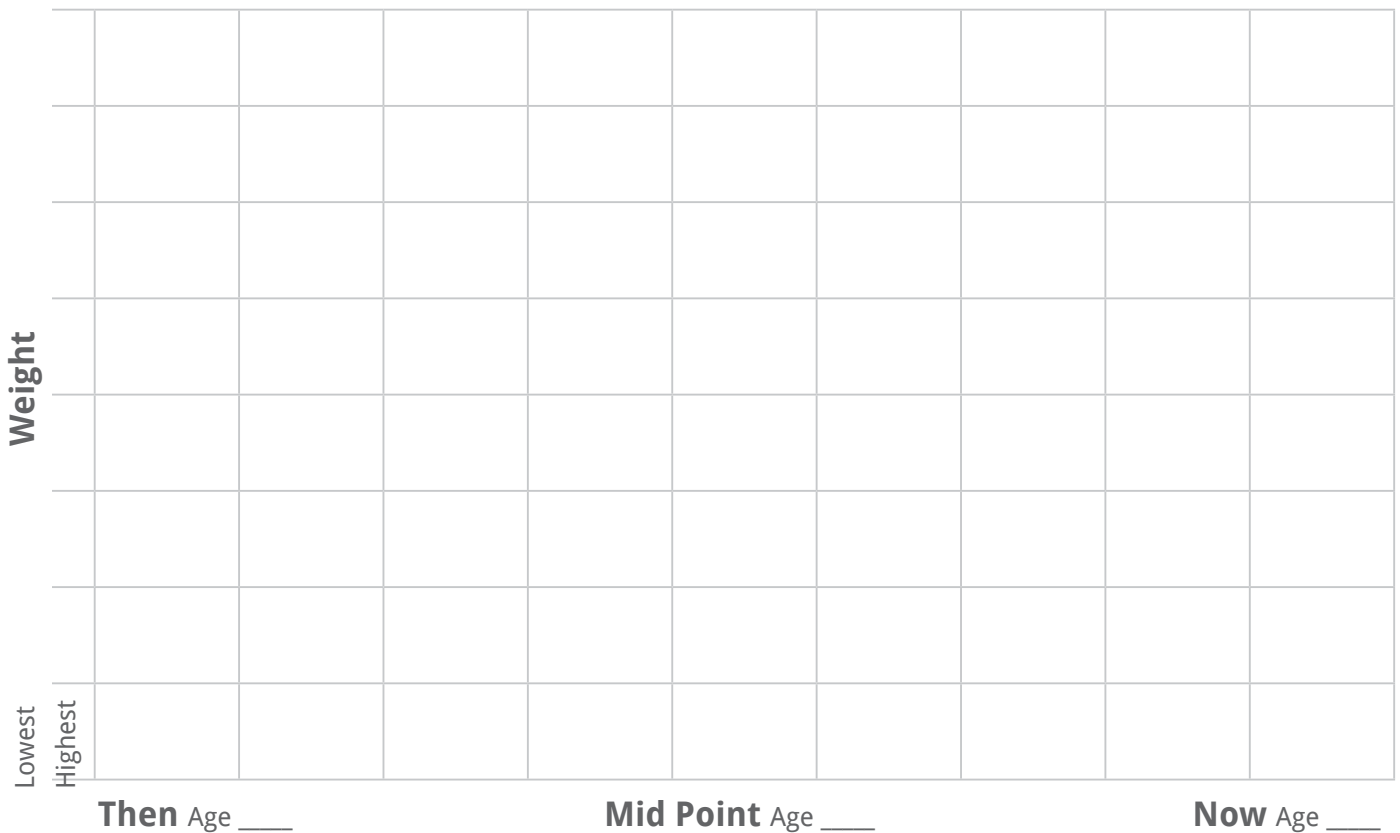


# How to Make the Best Start on Your Weight Loss Journey - Chart Pages

## Your Weight Story Line

Draw a line on the graph showing the ups and downs of your weight over time.

Write your ages on the bottom scale going back as far as you think is relevant. Put an appropriate range of weights on the left-hand scale.



Jot down the main points of the story your line tells

---

---

---

---

# How to Make the Best Start on Your Weight Loss Journey - Chart Pages

## How Confident Are You That You Can Lose Weight?

Not going to happen



Getting worried



Not really sure



Probably okay



Confident and happy



0 1 2 3 4 5 6 7 8 9 10

Put a cross on the line where you think you are now. Ask yourself the questions opposite - important because they'll help you see potential problems and get ideas for solutions.

Why have you chosen that level and not a lower level?

---

---

---

---

What do you think it would take for you to move one notch up?

---

---

---

---

# How to Make the Best Start on Your Weight Loss Journey - Chart Pages

## The Habits We Have Tend to Make Some Kind of Sense

We brush our teeth because we want to keep them, go to work because we need the money, eat takeaway because we're busy and snacks because we're bored.

Habits help us quickly and easily navigate through daily routine without having to think about it very much.

But the very mindlessness that makes habits useful can work against us when it comes to what, why and when we eat.

The next few questions will help you identify areas where you may need to give your habits a bit of a makeover. Score each question 0-3 points depending on how closely it resembles you.

### My Habits 1

I eat a lot of snacks (eg chocolate, crisps, pastries, bars) because I don't have time for proper meals

Score \_\_\_\_\_

I have a very hectic schedule and tend to grab food on the go or choose quick to heat up meals

Score \_\_\_\_\_

I find it too much hassle to plan, and shop for, a healthy diet

Score \_\_\_\_\_

Total Score for My Habits 1 \_\_\_\_\_

# How to Make the Best Start on Your Weight Loss Journey - Chart Pages

## My Habits 2

I continue to eat food even though I know that it's more than my body really needs

Score \_\_\_\_\_

When second helpings are available I'll have some

Score \_\_\_\_\_

When I choose, or am given, only a small meal or snack, I am worried that it won't be enough

Score \_\_\_\_\_

Total Score for My Habits 2 \_\_\_\_\_

## My Habits 3

I use food to try and feel better if I am feeling low, stressed or bored

Score \_\_\_\_\_

I experience episodes when I can't seem to stop eating

Score \_\_\_\_\_

I eat to satisfy something other than hunger

Score \_\_\_\_\_

Total Score for My Habits 3 \_\_\_\_\_