

Diet For A Day

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Worksheet 1

What Do I Want To Do?

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How Do I Feel About This?

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Why Do I Want To Do This? (No “shoulds” or “ought to”)

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Who Am I Doing It For?

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When Do I Want To Start?

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How Will I Know I Have Succeeded?

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Having decided what you want to do and how you feel about it, it's now time to plan for your diet day.

PLAN - what has to be done? What has to be removed? What has to be got? Are there any special days to be covered, like after school or late shift?

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PREPARE - check out your plan, now remove the unwanted items and get in any necessities. If you have to cover special days, make the necessary preparations.

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DO IT - what day are you going to choose? How will you start? What will you measure or count? How will you record your success?

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REVIEW IT - what went well or not so well? What was best? What was hard? What would you change, if anything.

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