

Here is more of bullet pointed step by step process to go with the manual

Below is what your final product will look like to some extent

10/30 <b>Text message for weight in @ 7:30 am</b> Text message for implementation intention	10/31 <b>Text message for implementation intention</b>	11/1 <b>Text message for implementation intention</b>	11/2 <b>Text message for implementation intention</b>	11/3 <b>Text message for implementation intention</b>	11/4 <b>Text message for implementation intention</b>	11/5 <b>Text message for implementation intention</b>
11/6 <b>Text message for weight in @ 7:30 am</b>	<b>11/7</b> Text to send tomorrows planned exercise schedule @ 7:00 pm	<b>11/8</b> <b>No message- still send me an email</b>	<b>11/9</b> Text to send tomorrows planned exercise schedule @ 7:00 pm	<b>11/10</b> <b>No message- still send me an email</b>	<b>11/11</b> <b>No message- still send me an email</b>	<b>11/12</b> Text to send tomorrows planned exercise schedule @ 7:00 pm
11/13 <b>Text message for weigh in @ 7:30 am</b> Text message for implement	<b>11/14</b> Text message for implementation intention	<b>11/15</b> Text message for implementation intention	<b>11/16</b> Text message for implementation intention	<b>11/17</b> Text message for implementation intention	<b>11/18</b> Text message for implementation	<b>11/19</b> Text message for implementation

<b>11/20</b> <b>Text message for weigh in @ 7:30 am</b>	<b>11/21</b> Text to send tomorrows planned exercise schedule @ 7:00 pm	<b>11/22</b> <b>No message-still send me an email</b>	<b>11/23</b> Text to send tomorrows planned exercise schedule @ 7:00 pm	<b>11/24</b> <b>No message-still send me an email</b>	<b>11/25</b> <b>No message-still send me an email</b>	<b>11/26</b> Text message for weight in @ 6:30 am
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Now let's make more sense of this:

You have essentially set up a month of behaviors for your clients where they have

- (1) A choice
- (2) A plan
- (3) A reminder

How do we get our clients to pick a behavior?

- Refer to the motivation section in the guide but remember we look at confidence, we look at autonomy and we look at support.
- Here are the behaviors I use

<b>eat</b>	<b>do nothing while eating</b>	<b>follow eating schedule</b>	<b>shop from a list</b>	<b>problem foods out of site</b>	<b>serve one portion at a time</b>	<b>prepare for high risk food situations</b>	<b>increase walking</b>	<b>increase aerobic activity 30 min</b>
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<b>increase RT 1/week</b>	<b>reduce caloric intake from soda</b>	<b>reduce alcohol intake</b>	<b>reduce high calorie meals</b>	<b>reduce high calorie snacking</b>	<b>plan opportunities to eat protein rich meals</b>	<b>eat veggies 2 out of 3 meals</b>	<b>2-3 servings of fruit</b>
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You can use any other one's you think are relevant

Here is how the survey looks in my google drive

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Confidence for weight loss behaviors. Answer the following with how confident you are

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	1. extremely low confidence I can do this	2	3	4	5	6	7	8	9	10. Extremely high confidence I can do this
Keep an eating diary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do nothing else while eating (i.e. no tv)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Follow an eating schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shop from a list	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keep problem foods out of site	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Here is how support looks:

Social Support. On a scale of 0 (people would sabotage my efforts) to 10 (people would actively support my efforts) answer the following questions

\*

	0- people would sabotage my efforts for this	1	2	3	4	5. No help but no harm	6	7	8	9	10. People would actively support me doing this
Keep an eating diary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do nothing else while eating (i.e. no tv)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Follow a eating schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Here is how autonomy looks:

Do you want to do this behavior? On a scale of 0-5 answer to what extent you \* want to do the behavior listed.

	0. I have absolutely no desire to try this	1	2	3	4.	5. I really want to try this behavior
Keep an eating diary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do nothing else while eating (i.e. no tv)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Follow an eating schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shop from a list	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keep problem foods out of site	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Serve and eat one portion at a time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
prepare in advance for high risk eating situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Finally, we want to address barriers, here is what my barrier report looks like:

## Barriers to weight loss questionnaire \*

	impossible	extremely unlikely	unlikely	neutral	likely	extremely likely	certain
Lack of discipline, dealing with long term commitment (falling off wagon, inconsistent efforts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Willpower: 'hot' decision making, giving in to temptations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low motivation (no drive to change, feel lazy, low effort given)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotional/mental health (stress eating, emotional eating, social anxiety, depression)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not a top priority (life gets in the way, kids, job, family life)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Here is a full list of the barriers, there are of course many more but these categories work well

commitment	willpower	lack of time	low motivation	emotional eating	not a top priority	specific dietary behaviors	sedentary	sabotage
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All of this information gives you a starting point for a conversation with a client. Find out what they want to do? If they were very confident they could do something and they wanted to do it explore that option.

The planning phase is a refinement process. What I do is the following

- (1) Read their information
- (2) Ask them to tell me more about it, where would a helpful behavior fit into their schedule, when do they usually do behaviors that don't help their goal?
- (3) Ask them what they want to try, what do they want to work on?
- (4) Based on what they want I fit it into their schedule to form an implementation intention
- (5) I ask them if this implementation sounds good
- (6) Next, set up a text message reminder from the service [ohdontforget.com](http://ohdontforget.com) to remind them of the behavior they wanted to do. I use a variable schedule for this (every other week) since getting these texts all the time might get annoying and/or they might rely on it
- (7) Finally set up a system to report in. Have them email you at the end of the night with a report on their day. Have them update an online tracker report like the one in the manual

- Again, any questions feel free to send them my way  
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