

## THE POWER OF 3 CHECKLIST -- DIET (ADAPTED FROM MINDLESS EATING)

NAME:

MONTH/YEAR:

DIET GOALS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL

**INSTRUCTIONS:** Choose 3 eating goals that will best help you overcome your current mindless eating habits and place an **X** in each box as you accomplish that goal.

Weight at the beginning of the month = \_\_\_\_\_ pounds

Weight at the end of the month = \_\_\_\_\_ pounds

# THE POWER OF 3 CHECKLIST -- EXERCISE

(ADAPTED FROM MINDLESS EATING)

NAME:

MONTH/YEAR:

EXERCISE GOALS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL	

**INSTRUCTIONS:** Choose 3 exercise goals that will best help you start increasing your physical activity and place an **X** in each box as you accomplish that goal.

**TIPS:** **BE SPECIFIC:** "Walk 5 days a week for 30 minutes" instead of "walk more"

**BE REALISTIC:** Be honest about your abilities, your time, and what you truly enjoy doing

**BE FLEXIBLE:** Give yourself a little "wiggle room" to allow for unforeseen events