

# My Take Home Action Plan

## Session 3: Creating A Supportive Environment

GET SMART:

Smart Measurable Action-based, Realistic, Time-lined



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### MIND-HEALTH FOCUS

1. Review the handout, "10 Strategies For Getting Support From Family/Friends".
2. Identify folks (classmates, co-workers, family members, mentor, etc.) who are supportive of your weight loss efforts.
3. If you are not getting the support you need from the people that matter the most to you, refer to the handout for suggestions. Start with being very clear/specific on how friends and/or family can support you.

1. I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Try to get necessary support from family/friends

### ACTIVITY FOCUS

1. What type of exerciser are you? (A loner, a "groupie", or both?)
2. Find creative ways to tap into the type of exerciser you are and look for ways to make exercise more fun and enjoyable
  - Try a group class
  - Download a fitness app
  - Rent/buy a DVD or web-based exercise instruction
  - Listen to music to keep you motivated
3. What are some ways you can turn "idle time" into "active time"? (i.e. exercise while watching TV or go to bed 30 minutes earlier and wake up 30 minutes earlier to exercise, take the stairs in my building, etc.)

1. I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Aim for 10,000+ steps each day OR 200+ minutes of aerobic exercise / wk.

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### NUTRITION FOCUS

1. Follow the shopping strategies discussed (make a menu and corresponding grocery list). Avoid going to the store overly hungry and stick to the perimeter of the store.
2. Make-over your kitchen, refrigerator, and/or pantry. Make healthy food more visible and unhealthy food less visible.
  - Take before and after photos of your kitchen transformation
  - Don't buy tempting foods or move them to a different (hard-to-reach) location. Pre-portion tempting foods to avoid mindless eating.
  - Keep cut-up fresh veggies and fresh fruits located "front and center" in your refrigerator.
3. When Dining Out:
  - Review the menu in advance.
  - Skip the bread basket and/or endless chips.
  - Split/share an entrée
  - Request a "to-go" box to arrive when your food arrives
  - Order dressing and sauces on the side
  - Choose "Go For Green" Choices when in the DFAC

1. I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Set up a healthier food environment to avoid mindless eating!

# SMART GOAL STARTERS AND EXAMPLES



GET SMART:

Smart M easurable A ction-based, R ealistic, T ime-lined

## Session 3: Creating A Supportive Environment

### MIND-HEALTH

1. I will follow the guidelines in the handout, “10 Strategies For Getting Support From Family/Friends”. I will look for ways to work together with my family/friends to make this weight loss journey a little easier.
2. I will prepare my own meals if necessary using lower-fat/lower-calorie cooking methods and ingredients.
3. I will still enjoy meals with family/friends, but I will pay closer attention to my own portion sizes (I’ll serve myself), and avoid going back for seconds on higher-fat/higher-calorie foods.
4. I will look for “non-food” ways to enjoy time with family and friends. Ideas include:  
\_\_\_\_\_  
\_\_\_\_\_

Try to get necessary support from family/friends

### ACTIVITY

1. I will look for ways to make exercise the most enjoyable by:
  - Signing up for an activity challenge (run/walk, swim, triathlon, etc.)
  - Trying a group class
  - Downloading a fitness app and schedule/routine
  - Rent/buy a DVD or web-based exercise instruction
  - Listening to my favorite music to stay motivated while exercising
  - Exercising with a friend/family member
2. I will turn “idle time” into “active time” by:
  - Getting active during commercial breaks if I’m watching TV
  - Going to bed earlier and waking up earlier to exercise
  - Taking the stairs in my building whenever possible
  - Parking the car farther away from entrances
  - Walking/biking/jogging to do errands when possible
  - Instead of just sitting and waiting at the airport or at \_\_\_\_\_ (e.g., kids soccer practice), I will walk for \_\_\_\_\_ minutes while waiting.
  - Other:  
\_\_\_\_\_  
\_\_\_\_\_

Aim for 10,000+ steps each day OR 200+ minutes of aerobic exercise / wk.

### NUTRITION

1. I will make a weekly menu and corresponding grocery list to bring to the grocery store.
2. I will make-over my kitchen, refrigerator, and/or pantry (circle areas you’d like to change) in order to make healthy food more accessible/visible and unhealthy food less visible/accessible.
  - Take before and after photos of my transformation
  - Remove all clutter and junk food from countertops and refrigerator
  - Put less healthy food in an inconvenient location
  - Wash, peel/cut-up fresh veggies (or, purchase pre-prepped), and put them towards the front of the refrigerator where I can see them when I open the refrigerator
  - Pre-portion “tempting/favorite” snack foods to avoid mindless eating
  - Limit purchases of unhealthy food
3. When dining out, I will still enjoy my meal, but I will avoid mindlessly eating by:
  - Declining the bread/chip basket or moving it across the table
  - Requesting a “to-go box” be provided along with my meal
  - Ordering dressing/sauces on the side so that I can control the portions/calories
  - Splitting/sharing an entrée or dessert with a friend or relative
  - When I feel satisfied, and there is still food on my plate, I will signal the end of my meal by: \_\_\_\_\_ (covering plate, my crossing fork/knife over my plate, signaling for water/waitress, etc.).

Set up a healthier food environment to avoid mindless eating!