My Strategies for Keeping the Weight Off

1) Be physically active for between 60 to 90 minutes on most days of the week and keep a record of your physical activity. My activity choice(s) is(are)

2) Keep food diaries at least one week a month. More often is better. I will keep a food diary times a

3) Begin resistance training (weight training). I will include resistance training time(s) per week.

4) Eat breakfast everyday. My favorite breakfast choices are

5) Eat at least 2 cups of fruit and 2 ½ cups of vegetables per day. My choices will be

6) Make at least half of my grain choices whole grain. My whole grain favorites are

7) Eat fried food less than once a week. My substitutes for my favorite fried foods will be

8) Get a weight maintenance partner. My partner will be
9) Limit the amount of sugar-sweetened beverages that I drink. Instead I will drink ________________________________________________

10) I will also (You fill in the blank) __________________________________________________________
                                             __________________________________________________________

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