

GOTTA DO EM'S 2.0 - Behavioral	M	T	W	Th	F	Sa	Su
Focus on ONE or TWO at a time! But READ over this every day.							
MAKE CONSISTENTLY HEALTHY FOOD CHOICES							
<ul style="list-style-type: none"> Eat protein first and maintain bariatric-appropriate portions. 							
FOLLOW A LOW-CALORIE MEAL PLAN							
<ul style="list-style-type: none"> The caloric range should be determined by your bariatric dietician. 							
PLAN YOUR MEALS AND FOLLOW YOUR PLAN							
<ul style="list-style-type: none"> Create your plan to work for your life! 							
FAT ON A REGULAR BASIS							
<ul style="list-style-type: none"> Always eat breakfast and do not skip meals. 							
DRINK PLENTY OF WATER THROUGHOUT THE DAY							
<ul style="list-style-type: none"> The amount of water should be determined by your bariatric dietician. 							
TAKE VITAMINS – BARIATIC SPECIFIC VITAMINS							
<ul style="list-style-type: none"> Follow the ASMBS guidelines for your specific surgery (obtain from your bariatric dietician) 							
EXERCISE REGULARLY							
<ul style="list-style-type: none"> You don't have to want to exercise, but you have to follow through with it! 							
RECORD YOUR FOOD INTAKE AND EXERCISE							
<ul style="list-style-type: none"> Records (logging this info) keeps you accountable and helps problem solve. 							
GET ENOUGH SLEEP							
<ul style="list-style-type: none"> Who knew there was a connection between sleep and weight? There is! 							
WEIGH YOURSELF REGULARLY *							
<ul style="list-style-type: none"> Unless otherwise indicated by a medical or mental health professional. 							
CREATE HEALTHY ENVIRONMENTS FOR YOURSELF							
<ul style="list-style-type: none"> Make your home/work/vehicle "safe" places. Keep unhealthy options out. 							

GOTTA DO EM'S 2.0 – Emotional/Psychological	M	T	W	Th	F	Sa	Su
SPEND TIME LEARNING ABOUT ONE OF THESE EACH DAY							
<ul style="list-style-type: none"> This includes reading, listening to podcasts, and doing a computer search. 							
DEVOTE TIME TO ENGAGING IN MINDFUL EATING PRACTICES							
<ul style="list-style-type: none"> These include eating at the table, setting utensils down between bites, and having no distractions. 							
LEARN AND PRACTICE HEALTHY COPING STRATEGIES							
<ul style="list-style-type: none"> Learn to deal with stress, unpleasant emotions, emotional eating and food addiction in healthy ways. 							
INCREASE SELF-EFFICACY and AUTONOMY							
<ul style="list-style-type: none"> Learn skills to increase your belief in your ability (self-efficacy) making your own 							
MAINTAIN INTERNAL MOTIVATION AND COMMITMENT							
<ul style="list-style-type: none"> your “whys” (motivation) and dedication to follow-through (commitment) 							
USE RELAPSE PREVENTION AND RELAPSE RECOVERY TOOLS							
<ul style="list-style-type: none"> preparing for triggers and being able to begin anew right away after mistakes 							
USE POSITIVE SELF-TALK (COGNITIVE RESTRUCTURING)							
<ul style="list-style-type: none"> change the way you talk to yourself and the way you think 							
ADDRESS UNRESOLVED ISSUES (SHAME-BASED)							
<ul style="list-style-type: none"> work through trauma, neglect, abuse, bullying, social isolation 							
DEVELOP BOUNDARIES AND HEALTHY COMMUNICATION SKILLS							
<ul style="list-style-type: none"> learn to say no to self and others using assertive communication skills 							
DEVELOP AND UTILIZE A HEALTHY SUPPORT SYSTEM							
<ul style="list-style-type: none"> positive support and willingness to share potentially painful observations 							
UTILIZE PROFESSIONAL SUPPORT SERVICES							
<ul style="list-style-type: none"> therapists, coaches, dieticians, personal trainers, etc. 							