How I Feel About My Progress Today—

Today’s date: _____________________

TAKE some time to think about your personal progress from the first session until today. On a scale of 0 to 10, circle the number that best represents how you feel about your progress today.

<table>
<thead>
<tr>
<th>TOTALLY DISSATISFIED</th>
<th>TOTALLY SATISFIED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Increasing my physical activity</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Keeping regular records of food, physical activity, &amp; sleep</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Eating more fruits and vegetables</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Eating smaller portions of food</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Keeping a positive attitude</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>My weight loss so far</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>
**Five Steps to Solving a Problem—**

**STEP 1. Identify the problem. Be specific.**

Describe the problem in detail. Who is involved? What happens that bothers you? Where does it happen? When does it happen? Why does it happen (that is, a known cause or reasons for the problem)?

**STEP 2. Brainstorm.**

List as many solutions as possible. Do not evaluate or criticize them yet, even if they seem silly or ridiculous at first.

**STEP 3. Evaluate each possible solution.**

How well do you think this solution would work if you actually tried it? Think about the positive and negative results of each possible solution. Can you mix and match solutions to make them work better for you?

**STEP 4. Commit to a plan.**

Choose one or two solutions to try out. How long will you “test” this plan before you evaluate how well it is working? How will you encourage yourself to follow through with your plan? Is there anyone you can ask for support?

**STEP 5. Evaluate the results.**

At the end of the ‘test’ period, ask yourself how well your plan has worked. Are you satisfied with the results? If so, congratulations. Keep up the good work! If not, reassure yourself that you won’t always come up with the best solution the first time around. Go back to Step 1 and try again.

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**Date: _____________________**

**Identify.**

The specific problem I’m trying to solve is:

**EXAMPLE:** I can’t seem to track my foods on the weekends.

**Brainstorm.**

The possible solutions I thought of are:

**EXAMPLE:** (1) carry my food record with me,

(2) put reminders on the refrigerator.

**Evaluate the solutions.**

The positive and negative results I considered are:

**EXAMPLE:** Putting the food record on the refrigerator won’t help me when I’m dining out.

**Make a plan.**

The solution(s) I decided to try is/are:

**EXAMPLE:** This weekend I will be sure to carry my food record with me.

**Evaluate your results.**

How well did it work? Next steps:

**EXAMPLE:** This worked, but I need more practice to remember.