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>increasing my physical activity</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>keeping regular records of food, physical activity, &amp; sleep</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>eating more fruits and vegetables</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>eating smaller portions of food</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>keeping a positive attitude</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>my weight loss so far</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>
What’s in That Drink?

ANSWER:

Extra calories!

Many of us drink juice, soda, and other sweetened beverages with and between meals. Be careful though! These extra calories accumulate throughout the day.

Just 12 ounces of soda (1 can) has 150 calories! Surprised? A 20-ounce bottle of sweetened iced tea has 250 calories. Water, on the other hand, has ZERO calories!

How many calories are in your favorite drink?

Fruit Juices:

100-130 Calories / 8 oz. cup

- Juices often have small amounts of vitamins and minerals (but whole fruit has much more!).
- The majority of fruit juice lacks fiber and phytochemicals (other nutrients found to have healthful effects on the body) found in whole fruit.
- The American Academy of Pediatrics says no juice is needed. (It is important to eat fruit, though.)

Soda:

100 Calories / 8 oz. cup

- 100% of calories come from refined sugar.
- Some contain phosphoric acid, which inhibits calcium absorption and erodes tooth enamel.
- Soda has little nutritional value and often replaces more nutritionally dense beverages such as milk.
- ‘Supersize’ your favorite soda, and you’ll end up with 400 empty calories!

Other Sweetened Drinks:

100 Calories / 8 oz. cup

- This includes sweetened iced tea, lemonade, fruit punch, non-carbonated fruit flavored beverages.
- 100% of calories come from refined sugar.
- These sweetened beverages often have little nutritional value and, like soda, frequently replace milk and other nutritious beverages.

Here are Some Calorie-Free Drink Options:

- Water
- Seltzer
- Flavored seltzer
- Home-brewed unsweetened iced tea
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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**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.