Table 10.3 Factors Affecting the Decision to Change Your Weight Now

Things That Will Help Me to Make Changes	Things That Will Make It Difficult for Me to Change		
Example: I have the support of family and friends.	Example: The holidays are coming up, and I will be busy preparing for gatherings.		

Figure 10.1 Food and Activity Tracking Diary

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Date	Time	What I Ate/Drank	Where I Ate	Why I Ate	My Mood, Emotions, or Pain	My Exercise