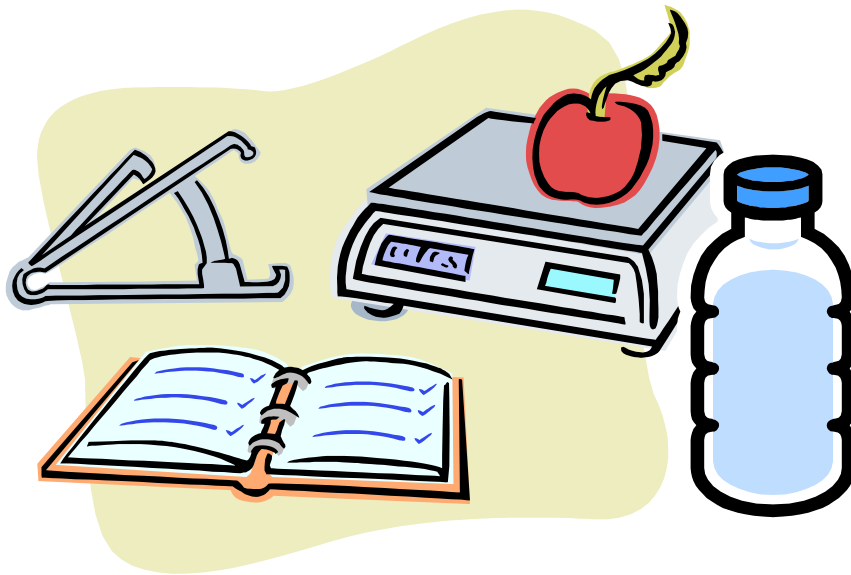


My Strategies for Keeping the Weight Off

- 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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Dr. Josef M. Broder, Interim Dean and Director