



Food choice & time of day eaten:	Did the food build up or tear down? Was it for pleasure or benefit?	How did I feel physically after eating it? How did I feel emotionally?	What else is weighing you down? What else could fill you up?

The Source for Weight Loss: Input Survey



Plan Adjustment:

Set Back: What was the set back?

Set Up: What happened before the set back? Were there any triggers?

Come Back: What would I do differently next time? What is the lesson learned?

Set Back	Trigger?	Set Up (Lesson Learned)	Come Back: What I will do differently next time

The Source for Weight Loss: Input Survey

