



Louisville Center for Weight Loss

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Behavior Modification Techniques

Self Monitoring

- Keep a food diary with amount and types of food eaten, place, feelings
- Keep an exercise log of physical activity with frequency, intensity and type
- Plot a graph of your progress
- Use a calendar to note days when exercise and diet goals were met
- Bring these to the office

Stress Management

- Use meditation and relaxation techniques to reduce stress
- Don't eat to calm negative emotions

Stimulus Control

- Eat only at the dinner table
- Do not buy problem foods, dieting starts at the grocery
- Use smaller plates for smaller portions
- Keep leftovers in opaque containers, or throw them away
- Do not eat in front of the TV
- Do not snack between meals
- Eat only when you are hungry
- Keep high calorie high fat foods out of the house
- Shop for healthy foods

Problem Solving

- Evaluate setbacks and ask, "What can I learn from this attempt?" instead of punishing yourself

Contingency Management

- Reward yourself for meeting diet and exercise goals

Cognitive Restructuring

- Remember that just because you lose one battle, you haven't lost the war
- Food is not the enemy

Social Support

- Enlist the aid of your family and friends in providing support and encouragement
- Join a group like TOPS, Overeaters Anonymous, or Weight Watchers

Please discuss these techniques with us!