Welcome to MOVE!

Congratulations on taking the first step towards managing your weight!

We are glad you are here. Your health care team is ready to help you lose weight and keep it off. In the MOVE! Program, you will learn how to lose weight safely and improve your health. You will be an active participant in this journey, and your health care team will be your “coaches.” MOVE! is a weight management program targeting lifestyle changes in three main areas: 1) Behavior, 2) Nutrition, and 3) Physical activity.

MOVE! Program Features:
- A focus on improving your health and wellness
- Support for eating wisely and increasing your physical activity
- Coaching and feedback to help you reach your goals

“MOVE! is not a diet. It is a life-changing program.”
– Floyd, lost 54 pounds

We are Ready to Partner with You!

Your weight management team consists of a diverse group of professionals ready to help you better manage your weight. MOVE! teams can include dietitians, physical therapists, exercise physiologists, behavioral health staff, psychologists, and physicians. Your health care team can also be an important resource, including your primary care provider, specialty providers, and pharmacists.
Explore Your Reasons to MOVE!

Before you start on your weight-loss journey, it is important to find your reasons for change. Over time, people motivated by their own needs and desires find it easier to maintain change.

MOVE! Program Recommendations

Making a commitment to participate in MOVE! for at least 6 months is critical to success. Losing just 5% of your body weight can improve your overall health. We recommend that you start with a goal to lose 5% to 10% of your body weight. If you weigh 200 pounds, that is a 10- to 20-pound loss. To accomplish this goal, a healthy weight loss of ½ to 2 pounds per week is considered safe.

Why the MOVE! Program?

Why is weight loss a priority for you now?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What do you hope to gain from participating in MOVE!?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How will losing weight improve your life?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Measuring Readiness

On a scale of 0 to 10, how important is weight loss to you right now?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all important</td>
<td>A little</td>
<td>Somewhat</td>
<td>Very</td>
<td>Extremely important</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>
Reflections
Consider your number. Why isn’t it a lower number?

What would it take to increase your number?

Keys to Weight Management Success

MOVE! helps you make healthy changes in eating, physical activity, and behavior. There are several key strategies that will help you manage your weight loss:

• Make lifestyle changes you can maintain
• Eat wisely and cut extra calories
• Be physically active to improve your health
• Set goals you can reach
• Keep a daily record of what you eat and your physical activity
• Weigh yourself at least weekly
• Ask your family, friends, and MOVE! Team for the support you need
• Celebrate your success!

In MOVE!, you will learn skills like planning and preparing, problem solving, and stress management that will help you with these behaviors. Most people who commit to MOVE! can reach a healthier weight, feel better, have more energy, and reduce health problems.

Get Started with Goal Setting

You are preparing to make some changes to lose weight. You are moving in the right direction! To achieve your weight-loss goal, create an action plan to decrease calories and increase physical activity. Goals are the road map that will guide you to success. They will give you a clear idea of where you want to go and how to get there.
Ready, Set, Goals!
Now is the time to write down your weight-loss goal. Fill in the blanks below to identify an achievable goal. Use the *Weight Loss by the Numbers* chart and BMI chart to help you find your weight-loss target.

**Weight-Loss Goal**

Losing just 5% can improve your health.

My current weight is ___________ pounds.
My goal is to lose ______ % of my current weight, equal to ___________ pounds.
By losing __________ (1/2 to 2) pounds per week, I will reach my goal by ____________________ (date).

Make Your Goals SMART!
When writing a goal, ask yourself the following questions. Are each of these included in your goal?

- **Specific:** What will you do?
- **Measurable:** How will you know you are making progress?
- **Action-Oriented:** What actions will you take to reach the goal?
- **Realistic:** Is the goal do-able for you?
- **Time-based:** When will you start? When will you review your goal to see if it still makes sense for you?

Example: I will drink no more than three cans of sweetened soda per week.
Example: I will walk briskly for at least 15 minutes every day this week.

Tom’s Toolkit
“Goal setting provides a clear picture of what your target outcome will be and can help you set smaller actions to meet that goal. Writing down your goals will help you stay on track. People with SMART goals tend to be more successful. Adjust or add to your goals at any time. After you achieve a goal, set a new goal.”

Teresa’s Tips
“Changing many things at once can be difficult and stressful. It may be better to change one or two things at a time. Keep this in mind while you set your SMART goals.”
On a scale of 0 to 10, how confident are you about losing weight?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all confident</td>
<td>A little</td>
<td>Somewhat</td>
<td>Very</td>
<td>Extremely confident</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The more confidence you have to make a change, the more successful you will be.

Reflections

Consider your number. Why isn’t it a lower number? What would it take to make you more confident?

Recall things you did successfully in the past. What did you do to make it happen?

Focus on Your Energy Balance

Calories are the energy in food. They fuel everything you do from sleeping to running a marathon. Calories can come from carbohydrates, fat, protein, and alcohol. If your body doesn’t need them to fuel current activity, it stores them for later use. Weight control is linked to energy balance. If you eat more calories than you use, you’ll gain weight. If you eat fewer calories than you use, you’ll lose weight.

What you eat is just as important as how much you eat. Quality counts, not just quantity!

<table>
<thead>
<tr>
<th>Calories In (Food &amp; Beverages)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Calories Out (Activity &amp; Metabolism)</td>
</tr>
<tr>
<td>= Weight Loss or Gain</td>
</tr>
</tbody>
</table>

Even something that seems harmless enough can impact the energy balance. For example, eating one extra cookie (about 100 calories) every day would add up to about an extra 10 pounds over a year! (That’s if your physical activity level stays the same.) On the other hand, if you ate one fewer cookie every day, you’d lose about 10 pounds over a year!
Your Calorie Goal

Your calorie goal is the estimated daily caloric intake you will need to achieve your weight-loss goal. If you take in fewer daily calories than your body needs for its daily activity level, your body will use stored body fat as energy—causing you to lose weight. On the other hand, if you take in more daily calories than your body needs for daily activity, your body will add to its fat reserves—causing you to gain weight. Together, we hope to help you change your energy balance!

There are basically three ways to lose or gain weight:
1. Adjust your daily caloric intake.
2. Adjust your daily activity level.
3. A combination of #1 and #2.

To lose weight, it is recommended that you create an energy deficit of at least 500 calories/day. Generally, you can achieve this deficit with a dietary intake of:

1200-1500 calories/day for women
or
1500-1800 calories/day for men

You can expect better results if you use the lower number from the recommended daily calorie range. If you want a more tailored daily calorie goal specific to your age, sex, height, build, and weight, talk to your MOVE! Team.

My daily target calorie goal is: _____________________

Smart Alex

“One pound of body fat is equivalent to 3,500 calories. To lose one pound per week, you would need to cut your current daily intake by a minimum of 500 calories. This moves up to a 1,000-calorie daily reduction to lose two pounds per week. As weight is lost and your body’s composition changes, you may need to reevaluate your daily calorie goal.”
Make Healthy Eating a Priority

MOVE! is all about building healthy eating habits by making small sustainable changes over time. To start changing your eating habits, it is important to BE MINDFUL about your food choices. Here are some basic healthy eating tips to get you started. Consider some of these options when you write your weekly SMART goals.

**BE MINDFUL:**
- **B**uy healthy foods to keep at home and work
- **E**at a nutritious breakfast everyday
- **M**ake a healthy plate
- **I**nvolve others, eat at the table, take your time, and savor your food
- **N**ourish your body; avoid skipping or delaying meals
- **D**rink more water—drink a glass before each meal
- **F**ix foods at home
- **U**se a plate for snacks and portion control
- **L**imit high-fat, high-calorie, and sugar-sweetened foods

Eating Fewer Calories

To meet your recommended daily calorie intake, it is important to understand your current eating habits. Being aware of what, when, why, and how you eat will help you identify eating patterns and ways to eat fewer calories.

**What Are My Eating Patterns?**

Look for patterns in last week’s food records. See if you can identify:

What times of the day are you most likely to eat?

---

Do you tend to snack at certain times of the day?

---

How much do you usually eat in one sitting? Do you usually skip meals? What else can you learn from your food records?
Eat Healthy by Creating a Healthy Plate

Creating a healthy plate helps you reduce health risks by thinking about what goes on your plate or in your glass before you eat. Vegetables, whole grains, low-fat dairy products, fruits, and lean protein foods are all great choices. Eating from all food groups helps make sure you get all the nutrients you need. Before each meal ask yourself, “How healthy is my plate?” Use the guidelines in this section to help you measure your plate.

My Healthy Plate

- **50%**
  - Non-starchy Vegetables and Fruits
- **25%**
  - Starch or Starchy Vegetables
- **25%**
  - Protein

Optional items include:
- a small amount of low-fat dairy and a drink with little or no calories.

When building your plate, remember to choose foods that are:
- Low in calories, saturated fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein
Hannah’s How-To
Eat Fewer Calories

“One way to cut calories is to think about making healthy substitutions to the foods you are already eating. For example, use cooking spray instead of butter when frying eggs. Use the table below to think about how you can start making healthy substitutions.”

<table>
<thead>
<tr>
<th>Breakfast - Healthy Swap</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup fat-free milk instead of 1 cup whole milk</td>
<td>63</td>
</tr>
<tr>
<td>1 squirt cooking spray instead of 1 pat butter</td>
<td>34</td>
</tr>
<tr>
<td>2 pats reduced calorie margarine instead of 2 pats butter</td>
<td>36</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch - Healthy Swap</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tomato slices, ¼ cup sliced cucumbers, and 2 onion slices instead of ¾ ounce cheese and 1 ounce ham</td>
<td>154</td>
</tr>
<tr>
<td>½ cup diced raw pineapple instead of 1 ounce potato chips</td>
<td>118</td>
</tr>
<tr>
<td>½ Tbsp. regular ranch dressing instead of 2 Tbsp. regular ranch dressing</td>
<td>109</td>
</tr>
<tr>
<td>Side salad with low-fat vinaigrette instead of a medium order of French fries</td>
<td>270</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner - Healthy Swap</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup steamed broccoli instead of ½ cup broccoli fried in ½ Tbsp. vegetable oil</td>
<td>62</td>
</tr>
<tr>
<td>1 cup part-skim ricotta cheese instead of 1 cup whole milk ricotta cheese</td>
<td>89</td>
</tr>
<tr>
<td>¼ cup pasta with tomato sauce side dish instead of 1 cup pasta with tomato sauce entree</td>
<td>138</td>
</tr>
<tr>
<td>One slice of a cheese pizza instead of one slice of a meat and cheese pizza</td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snacks - Healthy Swap</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups air-popped popcorn instead of 3 cups oil-popped popcorn</td>
<td>73</td>
</tr>
<tr>
<td>8 ounces sugar-free nonfat yogurt instead of a package of 6 peanut butter crackers</td>
<td>82</td>
</tr>
<tr>
<td>1 bottle sparkling water instead of a 12-ounce can regular soda</td>
<td>136</td>
</tr>
<tr>
<td>One large orange instead of 3 chocolate sandwich cookies</td>
<td>54</td>
</tr>
</tbody>
</table>


How might you start making healthy substitutions in your next meal?
Watch Out for Liquid Calories

Many beverages contain sugar, fat, and alcohol, which can be major sources of calories. For weight control, it is better to get your calories from food rather than drinking them.

**Water is the best beverage choice**

- It’s recommended you drink 8-12 cups of water per day.
- It’s an essential nutrient and has zero calories.
- It’s the best thirst-quencher. Always keep a water bottle with you.
- It helps you stay satisfied and feel full.

**The next best options**

- Try low-fat (1%), fat-free (skim) milk or calcium-fortified dairy alternative (soy milk, almond milk, etc.). Limit to 3 cups per day to meet your dairy serving recommendations.
- Try unsweetened tea or coffee.

**If water or milk doesn’t satisfy you?**

- Put some fizz in your cup by drinking carbonated water.
- Add flavor to your water with lemon, lime, watermelon, or cucumber slices.
- Enjoy the beverage of your choice, but just cut back. Remember to check the serving size and number of servings on the can or bottle. Select smaller cans or cups instead of large options.

**Rethink Your Drink**

<table>
<thead>
<tr>
<th>Type of Drink</th>
<th>Calories in 20 oz.</th>
<th>Calories in 12 oz.</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit punch</td>
<td>320</td>
<td>192</td>
<td>128</td>
</tr>
<tr>
<td>100% apple juice</td>
<td>300</td>
<td>180</td>
<td>120</td>
</tr>
<tr>
<td>100% orange juice</td>
<td>280</td>
<td>168</td>
<td>112</td>
</tr>
<tr>
<td>Lemonade</td>
<td>280</td>
<td>168</td>
<td>112</td>
</tr>
<tr>
<td>Regular lemon-lime soda</td>
<td>247</td>
<td>148</td>
<td>99</td>
</tr>
<tr>
<td>Regular cola</td>
<td>227</td>
<td>136</td>
<td>91</td>
</tr>
<tr>
<td>Sweetened iced tea</td>
<td>225</td>
<td>135</td>
<td>90</td>
</tr>
<tr>
<td>Tonic water</td>
<td>207</td>
<td>124</td>
<td>83</td>
</tr>
<tr>
<td>Regular ginger ale</td>
<td>207</td>
<td>124</td>
<td>83</td>
</tr>
<tr>
<td>Sports drink</td>
<td>165</td>
<td>99</td>
<td>66</td>
</tr>
<tr>
<td>Fitness water</td>
<td>36</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Unsweetened iced tea</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Water or Sparkling water (unsweetened)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Be Physically Active and MOVE!

MOVE! is all about getting up and moving! To increase your physical activity, it is important to start slowly and gradually add to your activity over time. Listen to your body to prevent injury. If you are concerned about increasing your activity, consult your health care team. To enjoy being active, it helps if you are interested in the activity. Try several different kinds of activity to find out what works best for you. Also, it helps to find Active Moments throughout the day, such as taking the stairs instead of the elevator or parking farther away from the door. There are lots of ways to be active and enjoy yourself, so mix it up!!

Strive for progress, not perfection!

There are many health benefits to being physically active. Physical activity helps you manage your weight and reduces the risks of coronary heart disease, stroke, and colon cancer. It can help decrease your blood pressure, improve your cholesterol, and prevent or control diabetes. Regular physical activity strengthens bones and muscles. It also helps you be more flexible. Being active can also improve your sleep, mood, and self-esteem, and it can reduce stress and depression.

How Active Should I Be?

The 2018 Physical Activity Guidelines for Americans states that you can protect your health by being physically active. Just **150 minutes (2½ hours) per week** of moderate-intensity physical activity can lead to important health benefits.

**Adult Physical Activity Recommendations**

- Avoid being inactive—some activity is better than no activity
- **150 minutes of moderate OR 75 minutes of vigorous activity per week**
- For weight loss, work up to **300 minutes of moderate OR 150 minutes of vigorous activity per week**
- Do strength activities at least 2 days a week
- Spread your activity out—aim to be active at least 5 days per week

**Teresa’s Tips**

“Moderate-intensity activity makes you breathe a little harder and sweat a little. You should be able to carry on a conversation, but not sing. Examples include brisk walking, slow cycling, dancing, or gardening. Vigorous-intensity activity makes you sweat and breathe hard, and makes your heart beat fast. Examples include jogging, lap swimming, and aerobics classes.”
Preparing to Get Fit

When you increase your physical activity, safety is important in order to prevent injury or illness.

Safety First

- If you are concerned about starting to increase your activity, consult your health care team.

Warm Up and Cool Down

- Warm up before you exercise.
- Cool down and stretch at the end of your session.
- Take 5-10 minutes for each to prevent injury and reduce muscle soreness.

Intensity

- Start where you are comfortable and increase gradually over time—this will help you avoid injury.
- Mix up your activities to prevent strain on any one part of your body.
- Always use good posture and pay attention to your form with any activity.
- Listen to your body. Slow down or stop if you feel very tired, lightheaded, or your joints hurt.

Hydration

- Drink plenty of water before, during, and after activity.

Apparel

- Wear comfortable shoes and clothes that are right for the activity and weather.
- Use safety gear as needed.

Weather

- Be active indoors if it’s too hot or too cold outside.
- Signs that you are overheated: headache; a fast heartbeat; feel dizzy; sick to your stomach, or faint.

Teresa’s Tips

“A simple way to plan and progress your physical activity is to follow the concept of FITT! Frequency, Intensity, Time, and Type of activity. Whether you are a beginner or have experience, FITT can help you build your physical activity program. Consider each aspect of FITT as you create your plan.

- Frequency: How often are you active?
- Intensity: How hard are your heart and muscles working?
- Time: How long are you active?
- Type of Activity: What activities are you doing?”
### Hannah’s How-To

**Burn More Calories**

“The following table provides the number of calories burned doing 10 minutes of each physical activity listed. The calories will vary depending on a number of factors including weight, age, and environmental conditions. The figures given are for men ranging in weight from 175-250 pounds and women ranging from 140-200 pounds. If you weigh more than this, you will burn more calories per minute.”

<table>
<thead>
<tr>
<th>Calories Burned in 10 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Light Activity</strong></td>
</tr>
<tr>
<td>Ballroom dancing</td>
</tr>
<tr>
<td>Cleaning, sweeping at moderate effort</td>
</tr>
<tr>
<td>Washing dishes</td>
</tr>
<tr>
<td>Tai Chi</td>
</tr>
<tr>
<td><strong>Moderate Activity</strong></td>
</tr>
<tr>
<td>Walking at 4 miles per hour</td>
</tr>
<tr>
<td>Bicycling at &lt;10 miles per hour</td>
</tr>
<tr>
<td>Step aerobics</td>
</tr>
<tr>
<td>Mowing the lawn</td>
</tr>
<tr>
<td>Raking leaves</td>
</tr>
<tr>
<td>Shoveling snow</td>
</tr>
<tr>
<td>Bowling</td>
</tr>
<tr>
<td>Golf, walking and pulling clubs</td>
</tr>
<tr>
<td>Slow lap-swimming</td>
</tr>
<tr>
<td><strong>Vigorous Activity</strong></td>
</tr>
<tr>
<td>Jogging (9 minutes/mile)</td>
</tr>
<tr>
<td>Basketball</td>
</tr>
<tr>
<td>Carrying groceries upstairs</td>
</tr>
</tbody>
</table>
Tracking What You Do Leads to Success

MOVE! is all about helping you manage your weight. The MOVE! Food and Physical Activity Log is designed to help you monitor your weight, physical activity, and dietary intake. This will be one of your most valuable tools to help you reach your goals. Tracking increases your awareness of your behavior and helps you change unhelpful behaviors. Complete the activity log as often as possible; daily is best. The more you track, the more likely you are to achieve your goals!

1. Be honest. Write down what you really eat.
2. Be accurate. Measure portions, read food labels, and time your physical activity.
3. Be complete. Include everything you eat and drink and any moderate activity you do.

Tracking Your Food

Paying attention to what and how much you eat each day is essential for tracking how many calories you take in. Keeping a food diary will help you track your caloric intake and identify unhelpful eating patterns (like late-night snacking). You should write down each food item as soon as possible: Memories can be misleading!

Tom’s Toolkit

“Self-monitoring is the act of observing and regulating your behavior. Self-monitoring activities include behaviors like keeping a daily log of food and exercise, wearing a pedometer, and using a weight management mobile application like MOVE! Coach. Self-monitoring increases your awareness of how much you eat and drink and how active you are. Just the act of tracking your behavior will help you change your behavior! By keeping track of how many calories you take in and how many calories you burn each day, it will be easier for you to meet your weight-loss goals. Be in the know!”

There are many tools available to help you track how much you eat, such as measuring cups and spoons, a kitchen scale, calculators, and food labels. Ultimately, you will want to write down what and how much you eat in your Food and Activity Log. Your MOVE! team will work with you and provide feedback on your log.
In the Food and Activity Log, you will write a weekly food goal to improve your diet.

Example: “I will cut down on calories by eliminating snacking while watching TV in the evenings this week,” or “I will drink water or sugar-free beverages in place of regular soda this week.”

Over the course of the MOVE! Program, you will track the foods you eat, the amount, and the calories. To get started, write down what you eat each day. This is done to help you get in the habit of using your Food and Activity Log.

For the first week, your food log will look like the example below. Write down everything you eat throughout the day, one food item per line:

- Write down everything you eat and drink. Don’t forget the extras, like butter on toast.
- Write down how food was prepared (baked, broiled, fried, etc.).
- Write down the type of food or drink (for example, fat-free or whole milk)

As you progress through the program, the detail of your tracking will also increase. The final version of the food log will look like this:

<table>
<thead>
<tr>
<th>Week 7 Day 1</th>
<th>Day/Date: Saturday 07-13-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Food/Beverage:</td>
</tr>
<tr>
<td>8:15am</td>
<td>Multi-grain cereal O’s</td>
</tr>
<tr>
<td>8:15am</td>
<td>Milk 1%</td>
</tr>
<tr>
<td>10:30am</td>
<td>Banana</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Wheat bread toasted</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Ham</td>
</tr>
<tr>
<td>12:30pm</td>
<td>American cheese</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Green apple</td>
</tr>
</tbody>
</table>
Tracking Your Activity

Keeping track of how active you are will help you monitor how many calories you burn each day. Use a fitness log to track your minutes of activity each day. Record your activity of at least a moderate pace. That means you can talk through it, but not sing through it. Include exercise, of course, but also remember to include everyday activities like sweeping the floor briskly and mowing the lawn.

There are many tools that can help you time your activity, like watches, timers, and smartphone and computer apps. Record the type of activity and minutes spent doing the activity in your Food and Activity Log to discuss with your MOVE! team.

Hannah’s How-To
Track your Activity

“...
In the Food and Activity Log, you will write a weekly physical activity goal to increase your activity.

Example: “This week, I will walk 15 to 30 minutes per day on 4 out of 7 days and do strength training twice,” or “I will look for more ways to be active throughout the day, like taking the stairs instead of the elevator three times a day.”

Over the course of the MOVE! Program, you will track each activity you do, the time spent doing it, and your intensity level. To start off, write down the physical activity you did each day. This is done to help you get used to tracking your activity.”

For the first week, your activity log will look like this. Write down all physical activity you engage in, one session per line.

<table>
<thead>
<tr>
<th>Physical Activity:</th>
<th>Minutes:</th>
<th>RPE Intensity:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk the dog AM</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>Climbed stairs at work on break</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Walk the dog PM</td>
<td>30</td>
<td>4</td>
</tr>
<tr>
<td>Swept the floor</td>
<td>10</td>
<td>3</td>
</tr>
</tbody>
</table>

As you progress through the program, the detail of your tracking will also increase. The final version of the activity log will look like this.”
Steps to Behavior Change

Behavior change is the key to managing your weight. Remember that eating habits and other lifestyle behaviors have been learned and can be changed. Changing old habits can be difficult. Here are some simple steps to start changing your behavior. These strategies can be used with any behavior, including eating and physical activity.

<table>
<thead>
<tr>
<th>Make a Plan</th>
<th>This can include planning meals, fitting in activity, or setting reminders for yourself</th>
</tr>
</thead>
<tbody>
<tr>
<td>Write it Down</td>
<td>Writing down your plan and goals can help you commit to losing weight</td>
</tr>
<tr>
<td>Set small, achievable Daily Goals</td>
<td>Setting small but achievable goals will help you to experience early successes and keep up your motivation</td>
</tr>
<tr>
<td>Monitor Your Progress</td>
<td>Keep track of it in your Food and Activity Log, which helps you remember what and how much you ate and helps you to find patterns in your behavior</td>
</tr>
<tr>
<td>Reward Yourself Often</td>
<td>Do something for yourself when you reach your goals</td>
</tr>
<tr>
<td>Surround Yourself with Positive People</td>
<td>Find those who will be most supportive of your weight-loss efforts</td>
</tr>
<tr>
<td>Keep in Contact with Your Health Care Team</td>
<td>Your health care team can help you lose weight safely, manage other health conditions, and answer any questions you may have during your weight-loss journey</td>
</tr>
</tbody>
</table>

“Welcome to MOVE!, we are looking forward to working with you as you learn to lose weight safely and improve your health.”