



COIN Weight Loss Program

Tracking your way to Success!

Week 2:

This week you will:

- ✓ Connect with your personal reasons for committing to your health
- ✓ Talk about your eating and physical activity behaviors and past weight loss attempts
- ✓ Learn more about tracking calories
- ✓ Start thinking about portion control
- ✓ Set SMART behavior goals

Committing to COIN Program

Last week you learned what it means to **commit** to the **COIN** weight loss program. As a reminder, we reviewed the importance of:

- Losing at least 5-10% of your weight.
- Achieving your daily calorie target.
- Exercising at a moderate level for at least 180 mins/week.
- Tracking your calories and exercise minutes daily and weight weekly.
- Completing Coach sessions and reviewing learning materials before sessions.

This week, you will explore your **reasons for committing to your health** and the **COIN** weight loss program. You will also discuss your dietary and activity habits as well as any past weight loss attempts you have made with your Coach. Consider some of the questions below to help you connect with reasons for wanting to lose weight, be more active, and eat a healthier diet. **Please come to your weekly Coach visit prepared to discuss your answers.**

- What motivates you to lose weight? To eat more healthfully? To exercise?
- What value will be added to your life if you lose the weight you want?
- What will losing weight allow you to do that you currently have a hard time doing?
- How will losing weight affect the areas of your life that are most important and meaningful to you? For example:
 - The sorts of qualities that you bring to your relationships?
 - The sorts of qualities that you bring to your work and other daily activities?
 - Your physical health or medical conditions?
 - Your career?
 - The way you feel about yourself?

TRACKING CALORIES IS ONE OF THE MOST IMPORTANT COMPONENTS OF WEIGHT LOSS PROGRAMS!

You have been tracking in My Fitness Pal for the last week. If you have had any challenges, be sure to ask your Coach or research staff for assistance.

This week and throughout the program, we will focus on making sure that you are **measuring** and/or **accurately estimating portion sizes** to get the truest estimate of your total calories each day. We will also focus on strategies for portion control. **Controlling portions** (i.e., eating less) **is one of the biggest steps you can take to lose weight.** See below for some strategies for accurate tracking AND cutting portions.

Strategies for estimating and cutting portions

- ❖ Measure with cups and spoons.
- ❖ Estimate with portion size “tricks”.
- ❖ Read and interpret food/nutrition labels (servings sizes versus portions).
- ❖ Buy smaller, pre-packaged snacks.
- ❖ Use smaller plates and bowls.
- ❖ Serve yourself and then put away the leftovers before you begin eating.
- ❖ Pre-portion your meals for the week and put in containers.
- ❖ Split a meal with a friend.
- ❖ Skip the appetizer or dessert.
- ❖ Divide your entrée in half and have your waiter or waitress take leftovers **BEFORE** you begin eating.
 - Do you have other ideas?



Please also read the following two handouts that provide more information about measuring, estimating portions, reading labels, and strategies for reducing portions:

- 1) Healthy for Good Home: Portion Size Versus Serving Size
- 2) Prevent T2: Participant Guide: Track Your Food

The SMART Approach to goal setting

Moving forward, you and your Coach will use the SMART approach to help you achieve your personal goals each week. A common method for reaching behavioral goals is using the SMART approach, which involves setting goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Now is a good time to think about your first SMART goal using the guidelines below.

S – Specific: Use specific details to define your goal.

Example: If you want to set a goal to increase how many vegetables you eat, instead of "Eat more vegetables" a specific goal might be, "*I will eat at least 4 servings of vegetables today.*"

M – Measurable: How you will know if you have been successful at meeting your goal?

Example: If you want to set a goal to eat out less often, instead of "I will be go out to restaurants less often" a measurable goal might be, "*I will only go out to eat once per week.*"

A – Attainable: Set a goal that is *reasonable* for you. Ask yourself: Will my schedule, time, budget, or anything else get in the way?

Example: If you would like to go the fitness club more than twice a week, instead of an initial goal of "*Go to the club five days per/week*" an attainable goal might be, "*Go to the club three times this week.*"

R – Relevant: Create a goal that makes sense with your current progress, concerns and needs.

Example: If you are eating several fatty, sugary foods at work each day and consistently exceeding your calorie goal, instead of "Only eat dessert twice/week" a relevant goal might be, "*Do not bring sweets into the office and give them away if they are provided.*"

T- Time-specific: Set goals that can be completed in a specific amount of time.

Example: If you would like to stop drinking sugary drinks (like sodas and power drinks), rather than "I will stop drinking sugary drinks soon" a time-specific goal might be, "*I will stop drinking sugary drinks tomorrow.*"