



Lesson 5: Homework

- 1) Follow the “Retrain Your Brain” guidelines every day for a week. Check off each guideline for each day that you follow it. (Worksheet 1)
- 2) For one day, keep a more detailed food log than usual. Use it to track your emotions and cravings throughout the day. (Worksheet 2)
- 3) Next time you have a craving, write down what it is that you’re craving. Also write down what emotion your craving is associated with (whether you’re angry, upset, celebrating, or some other feeling), and how you believe that the food would calm the situation. Instead of giving in to your craving, write down alternate solutions. (Worksheet 3)
- 4) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 5) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Retrain Your Brain Guidelines

Every day for a week, check off each guideline that you follow.

“Retrain Your Brain” Guidelines	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start each morning off with a healthy breakfast such as a Solutions4 Nutritional Shake. You can also try fruit smoothies, vegetable and egg scrambles, or fresh vegetable juice!							
At every meal, eat super-nutritious foods that help your blood sugar stay at a constant level (dark leafy greens and other vegetables).							
Don’t let yourself get too hungry. If you need to, eat small meals every 2-3 hours. This will make it easier to make healthy choices!							
Plan your meals in advance.							
Ask for support from friends and family.							
Exercise regularly. This helps curb cravings and takes your mind off of food.							
Go to bed early and get enough sleep each night							
Take time to relax.							
Track your cravings and emotions throughout the day and recognize the emotions that trigger your cravings (Worksheet 2).							
Take advantage of the SMT sessions available through your Club Reduce membership site.							

Worksheet 2: How Emotions Influence Eating Habits

For one day, keep a more detailed food log than usual. Use it to track your emotions and cravings throughout the day.

Breakfast:	Food Craving	Emotion	Assess Your Hunger
			Before Eating: 0 1 2 3 4 5 6 7 8 9 10
			After Eating: 0 1 2 3 4 5 6 7 8 9 10
Mid-Morning Snack:	Food Craving	Emotion	Assess Your Hunger
			Before Eating: 0 1 2 3 4 5 6 7 8 9 10
			After Eating: 0 1 2 3 4 5 6 7 8 9 10
Lunch:	Food Craving	Emotion	Assess Your Hunger
			Before Eating: 0 1 2 3 4 5 6 7 8 9 10
			After Eating: 0 1 2 3 4 5 6 7 8 9 10
Mid-Afternoon Snack:	Food Craving	Emotion	Assess Your Hunger
			Before Eating: 0 1 2 3 4 5 6 7 8 9 10
			After Eating: 0 1 2 3 4 5 6 7 8 9 10
Dinner:	Food Craving	Emotion	Assess Your Hunger
			Before Eating: 0 1 2 3 4 5 6 7 8 9 10
			After Eating: 0 1 2 3 4 5 6 7 8 9 10

Did I follow the Club Reduce nutrition guidelines for the day? Yes No

Did I save time, calories, and money by replacing a meal with a Solutions4 shake today? Yes No

Did I drink ½ body weight in ounces of water? _____ oz.

Did I track my calories? Yes No

Did I practice mindful eating by savoring each bite and chewing my food slowly? Yes No

Did I eat for emotional reasons? Yes No

If I ate for emotional reasons, why? _____

What was I feeling when I ate? _____

Did I use Self-Mastery Technology? Yes No

Did I exercise? Yes No

If yes, how long did I exercise? _____ What type of exercise? _____

Hours of sleep received last night? _____

Rate your stress level today. (0 = not stressed at all, 10 = extremely stressed) 0 1 2 3 4 5 6 7 8 9 10

If stressed, did I use any relaxation techniques? Yes No

Do I have everything I need for the next few days to make all of my meals? Yes No

If not, when am I going shopping? _____

From what I did yesterday, am I closer to my goal? Yes No

My weight today is: _____

Worksheet 3: How to Deal with Cravings

Craving #1: _____

Emotion associated with the craving: _____

How do I believe the food will calm my current situation? _____

What can I do instead? _____

Craving #2: _____

Emotion associated with the craving: _____

How do I believe the food will calm my current situation? _____

What can I do instead? _____

Craving #3: _____

Emotion associated with the craving: _____

How do I believe the food will calm my current situation? _____

What can I do instead? _____
