

## Barriers to weight loss checklist

Below is a list of questions that may help you identify what you need to change when you find yourself demotivated. Not all will work for you or apply to you. The goal isn't to answer 'yes' to every question but to help identify new goals to keep you on track.

Accuracy of recording	YES	TO SOME EXTENT	NO
Are you recording what you eat?			
Are you measuring your portions?			
Are you calculating your calories?			
Are you tracking your activity?			

Weighing and weekly review	YES	TO SOME EXTENT	NO
Are you weighing yourself once a week?			
Are you holding weekly review sessions?			

Your eating pattern (When you eat)	YES	TO SOME EXTENT	NO
Does your eating patterns vary greatly from day to day? Or weekends to week days?			
Do you eat regular meals and snacks throughout the day?			
Do you skip any meals?			
Do you go for long periods without eating?			
Do you tend to nibble or pick on food?			
Are there any particular times of the day (or particular days) when you are liable to overeat?			
Do you have binges (large or small)?			

Your portion sizes	YES	TO SOME EXTENT	NO
Are your portions on the large size?			
Do you take second helpings?			
Do you always "clean your plate"?			
Do you eat leftovers?			

Your choice of food and drink	YES	TO SOME EXTENT	NO
Are you prone to eating high calorie foods?			
Are you actively avoiding foods?			

How you eat	YES	TO SOME EXTENT	NO
Do you eat rapidly?			
Do you eat at other places than at a table?			
Do you eat while watching TV?			
Do you eat while driving or engaged in other activities?			
Is your eating planned in advance?			
Do you eat directly from packages or containers?			

How active you are	YES	TO SOME EXTENT	NO
Are you taking every opportunity to be active?			
Are you taking steps to reduce your sedentary behaviour?			
Do you get 7 - 8 hours of sleep per night?			

Other obstacles to weight loss	YES	TO SOME EXTENT	NO
Have you lost motivation to lose weight?			
Are you liable to eat when bored or upset?			
Are you prone to stress - related eating?			
Is your negative thinking holding you back?			
Are you facing other obstacles to losing weight? Please specify:			