



capitalealth

METABOLIC AND
WEIGHT LOSS CENTER

Basics Training: Pre-Weight-Loss Surgery Behavior Change Goal Sheet

Track how you are doing monthly or weekly practicing your skills for surgery success and your individual goals!

Goal			
Eliminate carbonated drinks			
Eliminate caffeine			
Eliminate alcohol			
Eliminate simple sugars			
Assess your hunger level before eating			
Take at least 20-30 min to eat every meal and snack (eating event)			
Take small bites			
Chew food 20 times per bite			
Put your fork down between bites			
Stop eating when no longer hungry			
Don't drink with meals			
Eat 3 meals/eating events per day, including breakfast			
Limit eating events in between meals to 2-3 per day (use to curb appetite if necessary)			
Eat protein with each meal and snack			
Drink 64 ounces of no-calorie fluids daily (practice sipping!)			
Limit fried foods & other high-fat foods/condiments- practice measuring out your fat			
Begin regular physical activity			
Record food and beverage intake and exercise			
Identify sources of support			
Write down or choose an eating plan- think about the plate method for meals (plan daily or for the week ahead)			
Where should you focus this month or week with your individual goals?			