

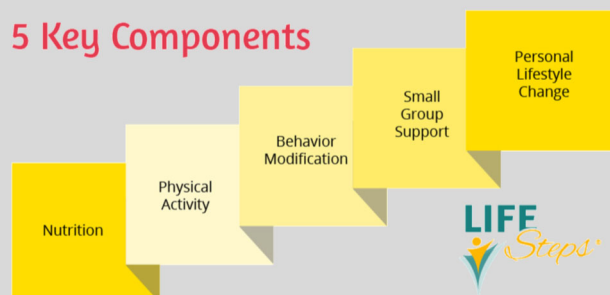
SAMPLE - Step 8: Eating Styles

Leader Guide - Sample

Overview: The LifeSteps® Program

The **LifeSteps®** LifeStyle Change Program is built around these key components:

5 Key Components



During 16 small group sessions, your clients learn about these concepts and create their own personalized plan with small, achievable goals for realistic lifestyle changes that lead to weight loss.

Each weekly session, or 'Step,' introduces new content and a key behavior. Sessions are highly interactive and follow this format:

- Key concept and behavior introduced: 'Why this will help with weight loss'
- Self-assessment: 'Where Are You Now?'
- Hands-on practice
- Individualized action plan: Create a personal plan for the week to practice new behaviors.

The **LifeSteps® LEADER GUIDE** contains complete lesson plans for the 16 weekly sessions along with 11 maintenance sessions.

The **LifeSteps® PARTICIPANT NOTEBOOK** is an interactive workbook that each client uses to develop their weekly plans.

This sample is one of several self-assessments in **Step 8: Eating Styles**. It demonstrates how the **LEADER GUIDE** and **PARTICIPANT NOTEBOOK** work together and complement each other.

Learn more about the [LifeSteps® program](#), or apply to [become a LifeSteps® leader](#).

Questions? Contact tracy@lifestepsweight.com.

SAMPLE: Step 8: Eating Styles Where Are You Now? Leader Guide

Ask participants to turn to **Section B, Mindful Eating**, on page 8.3. Explain the directions to them and give them a few minutes to complete the assignment.

- For this assessment, identify what other activities you were doing while you were eating.
- Complete the chart on page 8.3 and answer the questions at the bottom of the page.

When most are finished, explain:

- There are a lot of reasons we do other things while eating.
- However, doing another activity while eating can become a problem if you become so engrossed in the activity that you lose track of how much you are eating or how fast.
- This goes back to the issue of awareness and mindfulness mentioned earlier.
- Enjoying the appearance, scent and taste of food is important. This is lost if you are busy reading or viewing a computer screen while eating.
- People who pay attention while eating, noticing the appearance, taste, texture and aromas of their foods, are more likely to recognize when they are full and satisfied.
- Turn to page 8.7 to record your results.

SAMPLE - Step 8: Eating Styles - PARTICIPANT

Participant Notebook - Sample

Where Are You Now?

There are five different concepts included in your **Eating Style**. In each of the following sections you will assess your current style.

Section B: Mindful Eating

1. Select a typical day from last week's **FOOD AND ACTIVITY RECORD**. Look at the 'Doing What' column to see what else you were doing each time you ate a meal or snack.
2. Complete the table below. Use hash marks to count each incident.

Doing What	Meal	Snack
Reading		
Watching TV		
Looking at phone or computer		
Working/studying		
Cooking/clearing the table		
Driving		
Doing another activity (do not count talking)		
Total times you did something else while eating		
Total times you ate		

3. Answer the following questions:

■ Were you doing something else every time you ate?	YES	NO
■ Were you doing something else MOST of the times you ate?	YES	NO
■ Did you do something else while eating only a couple of times?	YES	NO
4. Analyze your answers: If you do other things when eating most meals and/or snacks and lose track of how much you are consuming, you may have a problem with Mindful Eating.
5. Turn to page 8.7 and record your results.

SAMPLE - Step 8: Eating Styles

Participant Notebook - Sample

Tackling Your Eating Style Problems

Read the information on the following pages for the problems that affect you. As you read through the **What You Can Do** column, check any solutions you want to try. Then go on to **Making Your Plan** on page 8.16 to record your choices.

Eating Style Problem	Why This Can Lead to Overeating	What You Can Do
Mindful Eating: You do other things while eating.	<ul style="list-style-type: none">■ When you become too engrossed in other activities, you may overeat because you are no longer totally conscious of your eating.	<ul style="list-style-type: none"><input type="checkbox"/> When eating, concentrate on 'just eating.' When talking during a meal, put your silverware completely down and don't pick it up again until you have finished what you are saying. This will prevent you from talking and eating at the same time.<input type="checkbox"/> Make an effort to savor the flavor of each mouthful of food.<input type="checkbox"/> Measure out the food you will eat and take no more to help limit unconscious eating.<input type="checkbox"/> Do not eat in the same room in which a distracting activity, like watching TV, is going on.<input type="checkbox"/> Designate a spot for eating at home. Eat only in this spot.<input type="checkbox"/> Sit down when you eat.

Other Ideas:

SAMPLE - Step 8: Eating Styles

Participant Notebook - Sample

Making Your Plan

This week your goal is to change one of your eating styles that leads to overeating.

1. In the box below, write down the eating style problem you will work on this week. It is a good idea to pick the change you think would be easiest to do.
2. Then write down the steps you will take to make this change. Review pages 8.8 - 8.14 for more information about what you will do to change this behavior.

This week, I will _____

Here's how I will make this change:

1. _____
2. _____
3. _____