

PREVIOUS DIETS INVENTORY

The objective here is to review your previous weight-loss attempts, taking into account your age, your lifestyle at the time, if the diet worked or not. If the diet was successful, how much weight did you lose and how long did you keep the weight off? If you regained the weight, how long did it take you to regain the weight and why do you think you regained the weight?

Starting with as far back as you can remember, make a list of each time you made a serious weight loss attempt. You likely won't remember them all, but most people do remember the times they were on a roll and lost 15+ lbs. Don't forget to include commercial programs like Weight Watchers or Jenny Craig.

Step 1:

Make a list of every weight-loss attempt you can remember. Try to list them in chronological order, but you can always go back and add-in things you forgot. It's likely you'll remember something later as your mind is triggered remembering all of this. If your diet doesn't have a "name," simply use some descriptor such as "cut out all dairy and soda after Jason was born when I was 25" ... or something like that.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

PREVIOUS DIETS INVENTORY, cont.

Step 2:

Print out and answer the following questions for EACH diet you've listed. While you may think it's just as beneficial to "reflect" on these, writing this out is essential.

1. "Name" of diet (from your list above)
2. How old were you when you tried this diet?
3. What was going on in your life at the time? (I'd just gotten married, I was in my second year of college, I was 12 and in 7th grade, etc.) What were your major responsibilities?
4. Were you single? Married? Significant other?
5. Were you working? Going to school? Describe your day-to-day life as well as you can remember it.
6. Were you able to exercise during this diet? If so, briefly describe the exercises, including how much time you spent exercising – days per week, minutes per session.
7. Give an estimate of how long you stayed on this diet, regardless of results.
8. How much weight did you lose and how long did it take you to lose this amount of weight?
9. About how long did you maintain this weight loss? How long did it take for the weight to start coming back? Did you regain back all the weight you'd lost? If so, over what amount of time did you regain all the weight?
10. List the support people you had in your life during this time. Are they still a part of your life? Are they still supportive?



PREVIOUS DIETS INVENTORY, cont.

Step 2, continued

- 11.** Have you had any major health issues since this diet? Injuries? If so, please list them. (Please count pregnancies here.)
- 12.** How would you finish these sentences?
- a. This diet worked great for me until.....

 - b. This diet didn't work for me at all because.....
- 13.** Looking back at all the answers above, answer the following questions.
- a. Was this a successful weight loss attempt for me?

 - b. Could this exact same weight-loss attempt work for my life now? Why or why not?

 - c. What, if any, health issues or injuries may prevent me from doing this exact same diet now?
- 14.** Would this diet realistically work for me now? YES/NO