## Foundation Strategies Checklist

**Week of: ________________________**

1. Read my advantages list
2. Sat down, ate slowly, and enjoyed every bite
3. Gave myself credit throughout the day
4. Read my reminder cards
5. Weighed myself
6. Built up my resistance muscle
7. Managed hunger and cravings
8. Ate according to my planned schedule
9. Followed my eating plan
10. Created or reviewed my “worth-it memories”

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