

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #1, Week 1 Welcome to the MODEL Program

Agenda

In Visit #1, the patient will:

- Meet their lifestyle counselor.
- Learn the important components and goals of the study

Materials for meeting

- Food journal (1)
- Visit #1 patient handout

A. Introductions

- *This is the first visit for the MODEL Program. I will be your lifestyle counselor. (Briefly describe your training/background).*
- *Get to know the patient (briefly). Ask about what they do or what part of the area they live in.*
- *Today we will be talking about what to expect in the program.*
- *We will meet weekly during the first month of the program, every-other week from weeks 6 to 24, and monthly from weeks 25 to 52. Each meeting will last about 10-15 minutes. Today we will meet for 30 minutes to get things started.*
- *Each meeting you will receive a handout that will summarize the main points of our session. (Provide handout.)*

B. Discuss program goals

As you know, the goal of the program is to help you eat a healthier diet and to become more active, so that you lose 5% or more of your current weight. Calculate weight loss goal and list 5% goal on patient handout. (Note: If patients express that their goal is to lose more weight, indicate that this may be possible, but your first goal will be to work on getting to 5%.)

Another goal of the program is to increase physical activity, eventually doing 30-45 minutes of activity most days of the week.

Most people come into a program like this with goals of their own – things that they are hoping that weight loss, eating better, and being more active will help them to improve or achieve. Do you have other goals for participating in the program?

If none offered, inquire about other possible goals for the patient, such as:

- looking or feeling better
- improving overall health or decreasing medications
- learning more about diet or exercise
- helping family or friends with their weight

Have the patient record goals in the handout. (Refer to handout.)

C. Benefits of small changes (Refer to handout.)

Let's talk for a minute about what making small changes can do. Did you know that:

- *Keeping track of food and calories will help you lose weight, because monitoring will help you become more aware of what you are eating, select healthier foods, and eat fewer calories.*
- *Finding time to be active will improve your health and help you maintain your weight loss.*
- *Losing 5 percent of initial weight and increasing activity can improve health. Not gaining more weight is also important.*

D. Patient and Counselor Roles

- *We will meet for the next year. The schedule of visits is shown on your handout. (Refer to handout.)*
- *If you have to miss a meeting, please call us at least one day before, and we can re-schedule the visit.*
- *Your main job is to keep journals of food and activity, as best you can.*
- *My job as your lifestyle counselor is to:*
 - *review these records with you*
 - *make recommendations to help you lose weight*
 - *support you*
- *If you have a question or a problem between visits, please call.*

E. Keeping Track (Refer to handout.)

- *Discuss benefits of keeping food journals. Keeping journals of everything you eat and drink will help you recognize your eating patterns. Just keeping records will help you make healthy changes in your diet.*
- *Give the patient 1 food journal and explain how online apps, such as MyFitnessPal work. Here is a Journal for recording your diet and activity. If you prefer to use an electronic tracking method, we encourage you to do so.*
- *Make a plan for record keeping. When and where will the patient record food intake? How will they remember? (Refer to handout.)*
- *Indicate that patients will record their food intake this week, starting with what they've had to eat so far today.*
- *Patients are not required to include calories this week. If the patient will be using an online method, they will be asked to choose a calorie amount. Indicate that the focus of this week is to make sure they write everything down. They do not need to worry about getting the calories exactly right. You will go over calories with them starting next week.*
- **Weekly Weighing** (Refer to handout.)
 - *Introduce weekly weighing. To help you track your progress between visits, we'd like you to weigh yourself once per week (at least). Tracking your weight will provide you with important feedback about the changes you are making.*
 - *To measure your weight as accurately as possible, weigh yourself at the same time of day using the same scale.*

- *Record your weight once a week in your food journal and on the Weight Tracker sheet. Record weekly home weights, as well as weights when you meet with your counselor.*
- Determine if the patient has access to a scale at home, at work, or at the gym.

F. Skill Builder (Refer to handout.)

- *Record all food and drink for the next week in the food journal*
 - *Carry the food journal with you and record immediately after you eat (or record on-line using MyFitnessPal, LoseIt, or a similar app)*
 - *Record in detail:*
 - What food eaten and how much
 - How it was prepared
 - Include desserts, snacks, and caloric drinks,
- *Concentrate over the next week on eating less of what you normally eat. That means trying to reduce your portion sizes.*
- *Record your weight once per week in your food journal and Weight Tracker Sheet.*
- *Schedule next appointment.*

Wrap-Up

- *Do you have any questions about what we discussed today?*
- *Good luck during the next week.*

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #1, Week 1

A. Welcome to the MODEL Program!

B. The MODEL Goals

1. Lose **5% or more of your weight through healthy eating.**

Your goal will be to lose _____ pounds or more.

2. **Increase your physical activity.** Eventually, you will engage in **30-45 minutes of activity on most days of the week.**

Example: Take a walk for 45 minutes on five days of the week.



What do you wish to achieve, in addition to losing weight, by taking part in the **MODEL Program**?

C. Benefits of Small Changes

In this program we will help you **make small changes** in eating and activity that will improve your health. Did you know that:

★ **Keeping track of calories** will help you lose weight, because monitoring will help you choose healthier foods.



★ **Increasing activity** will improve your health and help maintain your weight.

★ **Losing 5% or more of your current weight** will improve your health. Preventing weight gain is also important.

D. Patient and Lifestyle Counselor Roles

We will work together as a TEAM.

I will count on you to:

- **Keep track of your eating and activity.** Try to record everything.
- Attend our sessions, shown below, and call 24 hours ahead if you must miss a visit.
- Let me know if you have any problems.



You can count on me to:

- **Review your eating and activity journals.**
- **Answer your questions.**
- **Support and help you.**



MODEL – Visit Schedule for First 6 Months

| Visit # | | Topic |
|----------------|---------|--|
| 1 | Week 1 | Welcome to the MODEL Program |
| 2 | Week 2 | Keeping Track and Counting Calories |
| 3 | Week 3 | Eating Healthy |
| 4 | Week 4 | Grocery Shopping |
| 5 | Week 6 | Increasing Physical Activity |
| 6 | Week 8 | Triggers for Overeating |
| 7 | Week 10 | Eating Out |
| 8 | Week 12 | Jump Start Your Activity Plan |
| 9 | Week 14 | Problem Solving |
| 10 | Week 16 | Making Social Cues Work for You |
| 11 | Week 18 | Managing Stress |
| 12 | Week 20 | Talk Back to Negative Thoughts |
| 13 | Week 22 | The Slippery Slope of Lifestyle Change |
| 14 | Week 24 | You're Half-Way There! |

E. Keeping Track



Keeping journals is a key part of the program.

Keeping records of eating: Keeping journals of everything you eat and drink will help you recognize your eating patterns. Just keeping journals will help you make healthy changes in your diet.

Make a plan for recording your food intake in your food journal:

| Breakfast | Lunch | Dinner | Snacks |
|--------------|-------|--------|--------|
| When: _____ | _____ | _____ | _____ |
| Where: _____ | _____ | _____ | _____ |

Keeping records of weight: Plan to weigh yourself at least once a week to see if you've lost weight. Weigh-in the same day and time each week while wearing the same clothes. Write your weekly home weights, as well as weights at study visits, on the Weight Tracker.

| Day | Time |
|---------------------------------------|-------|
| Day and time you will weigh in: _____ | _____ |

F. Skill Builder

- **Review Session 1 handouts**
- **Record all food and drink for the next week in your food journal or on-line app.**
 - Record how much food you ate and how it was prepared.
 - Remember to include desserts, snacks, and caloric drinks.
 - Carry the food journal with you and record immediately after you eat.
- **Reduce portion sizes** (eat less of what you normally eat).
- **Record your weight once per week in your food journal and Weight Tracker sheet**



Your next appointment is: _____

| Weight Tracker | | |
|-----------------|--------------|------|
| | Clinic Visit | Home |
| Screening Visit | lbs. | lbs. |
| Week 1 | | |
| Week 2 | | |
| Week 3 | | |
| Week 4 | | |
| Week 5 | | |
| Week 6 | | |
| Week 7 | | |
| Week 8 | | |
| Week 9 | | |
| Week 10 | | |
| Week 11 | | |
| Week 12 | | |
| Week 13 | | |
| Week 14 | | |
| Week 15 | | |
| Week 16 | | |
| Week 17 | | |
| Week 18 | | |
| Week 19 | | |
| Week 20 | | |
| Week 21 | | |
| Week 22 | | |
| Week 23 | | |
| Week 24 | | |
| Week 25 | | |
| Week 26 | | |

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #2, Week 2 Keeping Track and Counting Calories

Agenda

In Visit #2, patients will:

- Review food and activity journals since Visit #1
- Learn to count calories

Materials for meeting

- Food journal (1)
- Visit #2 patient handout
- Resources for Calorie Counting handout
- Weight Tracker graph

A. Welcome Back

- Welcome the participant back to the program.
- Explain the weekly check-in. *Each visit, we will start out by reviewing how you have been doing with the program goals. We will do this in a specific way so that we have time to get to everything. We will look at:*
 - *Weight change since last visit*
 - *Number of days you kept a food journal*
 - *Calories – after this week you will start to count calories and set a calorie goal. We'll review your average (or total) calories for the week when we meet. We will talk about calories today.*
 - *Physical activity – we will not set a formal physical activity goal for a few weeks.*
 - *Other behaviors – we will review any other suggestions from your last visit's skill builder.*
- *There will be space to summarize this information on the front page of every weekly handout.*

B. Review Food Journal

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Praise patients if they lost weight. Reassure them if no weight loss.
- Determine number of days patients kept food journals.
 - If patients kept any records, ask them how they liked doing so and what they learned about their eating.
 - If patients did not keep any journals, ask them what got in the way and make a plan of when and where to record next week. Ensure they have a plan for recording before leaving the session.
 - If no records kept, conduct a 24-hour diet recall (previous 24 hours)
- Review food journal.
 - Number of meals eaten per day

- Types of foods eaten for snacks
- Provide brief, positive comment about patient's eating plan
- Ask whether they tried to eat less (smaller portions). How did it go?
- Ask if patient recorded any bouts of physical activity of 10 minutes or more. Praise patients who are already active. Note that you will help patients to set a physical activity goal in a later session.

C. Counting Calories

- Explain why calories are important for weight control. (Refer to handout.) *Weight balance is the result of how many calories you take in from food and how many you burn with daily activities. Calories are a measure of the energy contained in foods or expended in physical activity. Eating 500 extra calories per day will make you gain about 1 pound per week, and cutting down 500 calories per day will help you lose about 1 pound per week.*
- Review calories per gram in food – protein (4), carbohydrate (4), alcohol (7) and fat (9). (Refer to handout.) Foods that are high in fat have the most calories. Alcohol also has a relatively high number of calories. Carbohydrates (also known as starches/sugars) and protein have fewer calories.
- Explain that increasing physical activity can help burn calories. (Refer to handout.) *It takes a lot of physical activity to lose weight. For instance, you have to walk about 35 miles to lose 1 lb. Exercise, however, is important for improving health. We will talk more about physical activity during a later session. For now, start recording any physical activity, such as walking, that you do for bouts of 10 minutes or more.*

D. A Calorie Counter and Calorie Goal

- Introduce calorie counting and identify how the patient will look up calories. (A CalorieKing Calorie, Fat & Carbohydrate Counter can be purchased at most Barnes & Nobles, as well as online on Amazon.)
- Select a high-calorie example from the patient's food journal (Refer to handout.)
 - Determine type of food and amount
 - Calculate calories in this food
- Indicate that participants will lose weight by reducing the number of calories they consume (Refer to handout.)
- Persons who weigh less than or equal to 250 pounds should aim for a calorie goal of 1200-1500 calories/day. Those more than 250 pounds have a goal of 1500-1800 calories/day.
- Identify patients' calorie goal and determine their reaction to it. Encourage them to aim for the low end of their calorie range.

E. Keeping a Calorie Account (Refer to handout.)

- Keeping a calorie account gives patients the flexibility to eat foods they enjoy. (Refer to handout.)
- Encourage patients to record their food and calorie intake after each meal.
- They should keep a running calorie total throughout the day.

- If they exceed their calorie goal one day, they can reduce intake across the rest of the week to meet their average calorie goal. Caution against skipping meals to compensate for overeating.
- Measuring foods (using measuring cups or spoons) will help patients be more accurate with counting calories.
- Patients should calculate their total calorie goal for the week and focus on that weekly goal. Help them determine their weekly calorie goal. (Refer to section E of patient handout.)

F. Reading Food Labels. Review how to look up calorie and serving size information on a food label.

1. Determine what the serving size is.
2. Determine how many servings you ate. (It can be helpful to measure the exact amount.)
3. Determine how many calories are in each serving.
4. Multiply the number of servings you ate times the calories per serving.

G. Skill Builder (Refer to handout)

- Record all foods and drinks for next week. Be sure to journal immediately after eating.
- Count calories for the week. Total calories for each day and for the week.
- Aim for 1200-1500 calories/day (\leq 250 pounds) or 1500-1800 calories/day ($>$ 250).
- Record minutes of physical activity for all bouts that last 10 minutes or more.
- Record weight once per week in food journal and Weight Tracker Sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #2, Week 2

A. Review Weight Change

Record your weight today: _____ lb. Change from last visit: _____ lb.

B. Review Food Journal

Let's review your food journal.



How many days did you record since your last visit? ____ days

How did you remember to record? If you didn't record, let's make a plan.

| Breakfast | Lunch | Dinner | Snacks |
|-------------|-------|--------|--------|
| When: _____ | _____ | _____ | _____ |

How many meals and snacks do you usually eat per day?
_____ meals _____ snacks

What types of foods do you usually eat for snacks? _____

C. Counting Calories

Beginning this week, the goal is to cut down your calories. Losing weight depends on:

- How many calories you take in
- How many calories you use up



Calories refer to the amount of energy contained in foods or the amount of energy expended in physical activity. Your body also burns calories around the clock to maintain body temperature and other bodily functions, such as your heart beating.

When you eat more calories than your body uses up, you gain weight. When you eat fewer calories than your body needs, you lose weight. A pound of body fat contains about 3,500 calories.

| To lose: | Tip the balance by this number of calories: |
|-------------------|---|
| 1 pound per week | Eat 3,500 fewer calories per week (or 500 fewer calories each day for 7 days) |
| 2 pounds per week | Eat 7,000 fewer calories per week (or 1,000 fewer calories each day for 7 days) |

The best way to reduce caloric intake is to reduce consumption of fat, which has the most calories per gram (a unit of weight). Alcohol also has a relatively high number of calories. Carbohydrates (also known as starches/sugars) and protein have fewer calories.

| | <u>Fat</u> | <u>Starches/Sugar</u> | <u>Protein</u> | <u>Alcohol</u> |
|--------------------------|-------------------|------------------------------|-----------------------|-----------------------|
| Calories per gram | 9 | 4 | 4 | 7 |

Increasing your physical activity can help with weight control. You can lose weight by exercising alone, but it takes a lot of activity.

| |
|---|
| <u>Physical Activity Rule of Thumb:</u> |
| 1 mile of brisk walking (15-20 minutes) = about 100 calories |
| 35 miles = 3500 calories = about 1 pound of fat |

D. Calorie Counter and Calorie Goal

You can use a calorie counter (online or book) to look up the calories in all of the foods and beverages you consume. Most calorie counters include fast foods, as well as conventional table foods. You can also look up calories by searching online. Let's count the calories in one meal or snack that you ate recently:

| Food: Type and Amount | Calories |
|------------------------------|-----------------|
| | |

You will lose weight by reducing the number of calories you consume.

If you weigh less than or equal to 250 pounds, aim for 1200-1500 calories per day.

If you weigh more than 250 pounds, aim for 1500-1800 calories per day.

Your goal is to reduce your calorie intake to _____ calories per day.

E. Keeping a Calorie Account

Recording calories is a key part of the program. Starting this week, you'll begin keeping a calorie account in which you record daily the calories in all the foods and beverages you consume. By keeping a calorie account, you can eat the foods you like if you watch your portion sizes and calories from other foods.

Tips for keeping a calorie count:

- ✓ **Record your food intake immediately after eating.** If possible, look up calories before or immediately after eating.
- ✓ **Keep a running calorie count throughout the day.**
- ✓ **Each day, aim for the daily calorie goal that you and your lifestyle counselor selected.**
- ✓ **Measuring foods (using measuring cups or spoons) will help you be more accurate with counting calories.**
- ✓ **Count daily calories toward a weekly calorie total.** Aim for 8,400 calories per week if your daily goal is 1,200 calories. It's 10,500 calories a week if your daily goal is 1,500. If you eat too many calories one day, cut back slightly over the next few days to meet your weekly goal.

F. Reading Food Labels

Nutrition Facts

Serving Size 1 oz. (28g/about 21 pieces)
Servings Per Container 10

Amount Per Serving

Calories 150

Calories from Fat 80

% Daily Value*

| | |
|--------------------------------|------------|
| Total Fat 9 g | 14% |
| Saturated Fat 2g | 10% |
| Cholesterol 0mg | 0% |
| Sodium 300mg | 12% |
| Total Carbohydrate 16 g | 5% |
| Dietary Fiber 1g | 1% |
| Sugars 1 g | |
| Protein 2g | |

Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------------|-----------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | Carbohydrate 4 | Protein 4 |

← Look at the **Serving Size**.

(Is this the amount you ate?)

← Look at the **Calories per serving**.

What if you eat a larger serving than is listed on the label?

You will be eating more calories than are listed on the label.



G. Skill builder



- **Review Session 2 handouts**
- **Record food and drink for the next week.**
- Count calories for the next week. **Aim for _____ calories per day.**
 - If you have trouble finding calories for a food, circle it so we can look at it together next week.
- **Total your calories each day and for the week.** Record your weekly total in the back of your food journal.
- **Record your minutes of physical activity** for any bouts that are 10 minutes or more.
- **Record weight once per week in your food journal and Weight Tracker sheet.**

Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #3, Week 3 Eating Healthy

Agenda

In Visit #3, patients will:

- Review food and calorie intake since Visit #2
- Discuss patient's meal patterns
- Learn about healthy eating from My Plate

Materials for meeting

- Food journal
- Visit #3 patient handout
- Meal Plan handout

A. Greet and Review Weight Change

- Remind the patient that you will start each visit with a weekly check-in, and that they should come in ready to discuss the number of days they kept track, total (or average) calories, and total minutes of physical activity.
- Review the patient's weight. *Your weight today is _____ pounds.*
 - Praise patients if they lost weight. Reassure them if no weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.

B. Review Food Journal

- Determine number of days of recording since last visit.
 - Praise patients for any record keeping they did.
 - If patients did not keep any records, determine what got in the way.
- Discuss the calorie counting method (journal, app, online).
 - If patients recorded calories:
 - Inquire to see if they have questions about how to look up calories. Were there foods that they had difficulty with?
 - Ask what the patient learned about their eating. Were there any surprises?
 - If patients did not record calories:
 - Identify what got in the way.
 - Determine strategies to increase the patients' ability to look up calories.
 - Carry the food journal in their pocket (or purse)
 - Write down meals in food journal, count calories at end of day (it is best to keep a running total throughout the day whenever they can)
 - Make a schedule for recording

- Calorie counts
 - Identify number of calories patient typically ate each day and total calories per week for the past week.
 - Spend time calculating calories for 1 day if patient has not done so.
 - Ask patients to choose one day from their food journal to review foods and calories in more detail. (Refer to handout.)
 - Identify low calorie choices and reinforce them.
 - Identify high calorie choices and discuss substitution options (e.g., chicken instead of beef, fruit instead of cake for dessert, water in place of sugary drinks. Identify foods with “empty calories” (soda, chips, and sugary snacks).
 - If any calorie estimates seem “too good to be true” ask the patient how they arrived at the estimate and look up together as needed.

C. Review Meal Pattern

- Determine which meals patients usually eat each day.
 - Encourage them to eat breakfast, lunch, and dinner, with snacks as needed.
- Suggest distribution of calories at meals (i.e., 300 kcal breakfast, 400 kcal lunch, 500-600 kcal dinner)
- Patients will be provided with MODEL Meal Plans today. These will help them to select their meals each day.

D. Eating Healthy: My Plate

- Encourage patients to review the materials on their own and to consult the website for more information. The website can be found at www.choosemyplate.gov. It provides ample detail as shown below.
- Introduce My Plate Guide. (Refer to handout.) *These are the guidelines for eating a healthy diet, written by nutrition experts. This will help you understand which types of foods you should eat most frequently.*
- Use the “MyPlate” example to explain food groups. *You can see that the plate is divided into 5 major types of foods, plus oils. These servings give you an idea of how much of your diet should come from different food groups.*
 - Low-fat dairy
 - Choose fat-free or low-fat milk or yogurt (Switch gradually)
 - Vegetables and fruits – these should make up half your plate.
 - Aim for a high intake of fruits and vegetables
 - Keep these available at work or home for snacks
 - Whole grain foods – these should make up ¼ of your plate.
 - Try whole grain cereal or oatmeal for breakfast
 - Choose whole grains that say “100% whole” grain or have the first ingredient listed as “whole grain _____”
 - Lean protein – these should make up ¼ of your plate.
 - Trim visible fat from meat and remove skin from poultry
 - Broil, grill, roast, or poach instead of frying
 - Try beans and lentils

- You can be meeting the “My Plate” guidelines for number of servings and still be taking in a lot of calories. The next page gives you suggestions for which choices are likely to help you stick within your calorie goals. Be sure to review these at home.

E. MODEL Meal Plans: Provide MODEL Meal Plans and explain how to use them. These meal plans provide suggestions for healthy, low calorie meals. Patients should use them if they need help deciding what to eat.

- There are plans for 1200, 1500, and 1800 calories per day.
- Meal plans make it easy to count calories.
- Selections are provided for breakfast, lunch, and dinner.

F. Skill Builder (Refer to handout.)

- Record food and calories for next week.
 - If patient did not record diet or recorded only minimally, make a plan for record keeping (i.e., when and where they will record).
- Check out MyPlate in the handouts and online and use it to help you make low-fat, low calorie choices as part of a balanced diet.
- Total calories for the day and for the week, aiming for weekly goal.
- Record minutes of any physical activity for bouts of 10 minutes or more.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #3, Week 3

A. Review Weight Change

Record your weight today: _____ lb. Change from last visit: _____ lb.

B. Review Food Journal

Let's review the information in your food journal.

Since your last visit, how many days did you record your eating? ____

When and where do you usually record in your food journal?

Calorie Counts: How many calories per day did you usually eat? _____
What were your total calories per week? _____



Let's look at the calories from one day in your food journal.

What low-calorie choices did you make? Continue making these choices.

What high-calorie choices or “empty” calorie choices did you make? This includes regular soda, high sugar fruit juice, potato chips, or sugary snacks like cookies and cake.

What substitutions can you make for a high-calorie food?

| High Calorie Food | Lower calorie substitution |
|--------------------------|-----------------------------------|
| | |

C. Meal Pattern

What is your meal pattern like? Circle the meals you usually eat:

Breakfast

Lunch

Dinner

Snack

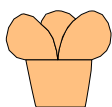
Plan to eat **breakfast (about 300 calories), lunch (400 calories) and dinner (500-600 calories)**, with snacks as needed.

Having trouble figuring out what to eat? Don't worry. The MODEL Meal Plans provide a great way to eat a healthy, balanced diet and count calories.

D. MyPlate: Low-Calorie, Low-Fat Choices

MyPlate is a guide to healthy eating developed by the US Department of Agriculture.

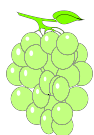
List some low-calorie, low-fat foods you enjoy in each of the food groups below.
Note: Each food group has a range of servings. You may not be able to meet all of them while reducing calories.



Grains
3-4 ounces or
3-4 servings daily.



Vegetables
2 cups or more daily



Fruits
1 ½ cups or
3 servings daily



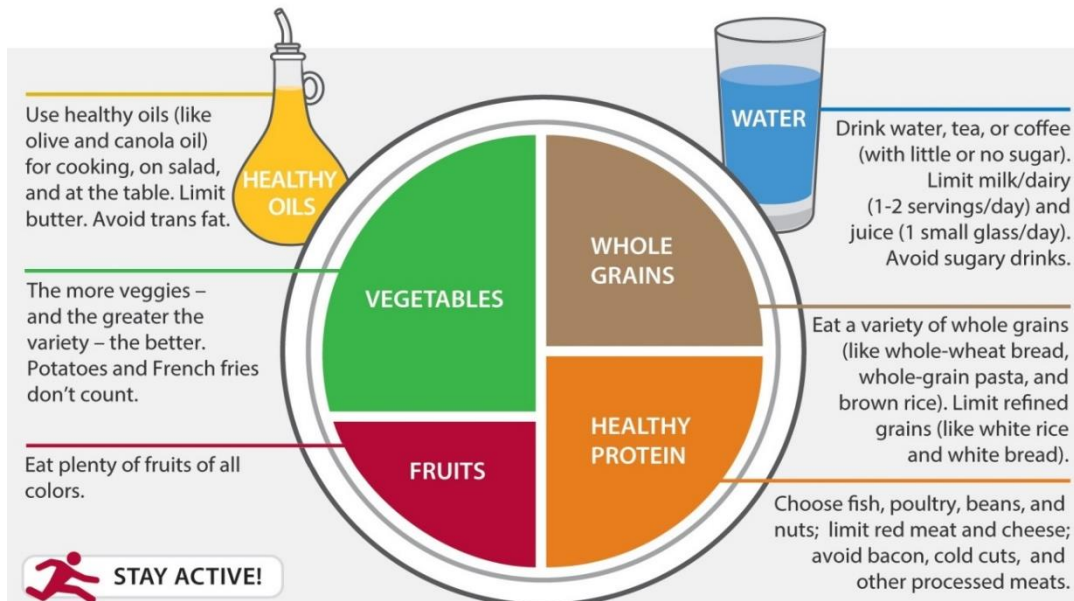
Dairy
3 servings daily



Protein
4-6 ounces daily

Fats, sweets, alcohol (use only small amounts). Make choices that are lower in fat and _____ calories:

HEALTHY EATING PLATE



Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, www.thenutritionsource.org, and Harvard Health Publications, www.health.harvard.edu.

Make most of your meal vegetables and fruits – ½ of your plate:

Aim for color and variety, and remember that potatoes and other starches don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Go for whole grains – ¼ of your plate:

Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Protein power – ¼ of your plate:

Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

Healthy plant oils – in moderation:

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

Drink water, coffee, or tea:

Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.

E. My Plate: High and Low-Calorie Choices

My Plate and “Eating lower calorie foods” work together. Here are some examples of low-calorie, low-fat choices that count as 1 serving.

| Group | Example of low-calorie, low-fat foods (choose these) | High-fat (or high-sugar) foods (limit or avoid these) |
|-----------------------------|---|--|
| Grains | <ul style="list-style-type: none">• 1 slice bread or tortilla• ½ bagel, English muffin, pita bread• 4-6 crackers• ½ cup cooked cereal, pasta, bulgur, rice• ¾ cup dry cereal | <ul style="list-style-type: none">• Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas• Granola-type cereals |
| Vegetables | <ul style="list-style-type: none">• 1 cup raw vegetables• ½ cup cooked vegetables or vegetable juice | <ul style="list-style-type: none">• Vegetables with butter/margarine or cheese sauces• Fried vegetable, olives, avocado |
| Fruits | <ul style="list-style-type: none">• 1 small fresh fruit• ½ cup canned fruit or fruit juice | <ul style="list-style-type: none">• Fruits in pastry (as in pies), coconut• High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice |
| Dairy | <ul style="list-style-type: none">• 1 cup skim or 1% milk• 1 cup low- or nonfat yogurt• 2-3 ounces low- or nonfat cheese (<2 grams fat/ounce) | <ul style="list-style-type: none">• 2% or whole milk• Regular cheese (>2 grams fat/ounce)• High in sugar: yogurt with added sugar |
| Protein | <ul style="list-style-type: none">• 2-3 ounces cooked lean meat, poultry (without skin), or fish• ½ cup tuna, canned in water• ½ cup cooked dry beans, lentils, split peas• 1 egg or ¾ cup egg-substitute | <ul style="list-style-type: none">• Peanuts, peanut butter, all nuts• Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts)• Chicken or turkey with skin• Tuna canned in oil• Beans cooked in lard or salt pork |
| Fats, sugar, sodium (limit) | <ul style="list-style-type: none">• Low-fat substitutes:• Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream• Low-fat whipped topping• Fat-free frozen yogurt• Diet soft drinks• Life syrup | <ul style="list-style-type: none">• Regular mayonnaise, shortening, lard, oil, butter, salad dressing, cream cheese, sour cream• Half and half, whipped cream• Cakes, cookies, ice cream, candy, cupcakes• Honey, jelly, syrup, sugar• Soft drinks |

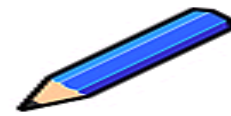
F. MODEL Meal Plans

If you need help in eating a healthy balanced diet, you can use the meal plans provided by your lifestyle counselor. They provide suggestions for what to eat for breakfast, lunch, and dinner and show the calories in all recommended foods. That makes calorie counting easy!



There are meal plans for 1200, 1500, or 1800 calories a day. Select the breakfasts, lunches and dinners that you like and which meet your calorie goals. It's fine to eat the same breakfast and lunch every day if you like it. That will make calorie counting even easier!

G. Skill Builder



- **Review session 3 handouts.**
- Record food and calories for next week. **Aim for _____ calories per day.**
- **Total your calories for the day and for the week.** Record your weekly total in the back of your food journal.
- **Record minutes of any physical activity done for 10 minutes or more.**
- **Use MyPlate and the MODEL Meal Plans to help you make low-fat, low-calorie choices as part of a balanced diet.**
- **Record weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #4, Week 4 Supermarket Smarts

Agenda

In Visit #4, patients will:

- Review progress towards goals since Visit #3
- Practice planning meals and making grocery lists
- Learn strategies for smart grocery shopping

Materials for meeting

- Food journal (2)
- Visit #4 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Praise patients if they lost weight. Reassure them if no weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.

B. Review Food Journal

- Remind the patient (as needed) that they should come in ready to discuss the number of days they kept track, total (or average) calories, and total minutes of physical activity.
- Determine number of days of recording since last visit.
 - Praise patients for any record keeping they did.
 - If patients did not keep any records, determine what got in the way.
- Calorie counts
 - Identify total calories patient ate in the past week. Calculate number of calories patient ate on average per day this week.
- Assess use of MODEL Meal Plans. Did the patient use MyPlate to make healthier choices?
- Ask if patient recorded any bouts of physical activity of 10 minutes or more. Praise patients who are already active. Note that you will help patients to set a physical activity goal next session.

C. Meal Planning

- Ask patients about the extent to which they plan the meals they eat ahead of time. Explain that advance planning for meals builds the foundation for healthy eating. When patients have structured ideas for healthy meals and foods available at home to prepare those meals, weight control becomes easier.
- Explain that the following steps make healthy eating an easier, more automatic behavior:

- Taking 5-10 minutes once per week to plan meals for the next 7 days.
- Making a grocery list based on the meal plan.
- Grocery shopping according to the list.
- Ask patients to begin creating a meal plan for the next several days. (Record on handout.) Complete as many days as time allows.
 - Encourage patients to mark off the meal(s) that they will not have to prepare (e.g., a dinner out with friends, business luncheon, etc.). Remind them that preparing foods at home, rather than eating at restaurants and fast food outlets, will likely help with their weight control efforts.
 - Encourage patients to consider using leftovers from dinners for lunches. Patients also can consider making a large batch of a food at one point in the week and refrigerating or freezing it for use later in the week.

D. Shopping for Success

- Explain to patients that the choices they make at the grocery store are critical for weight control. In some ways, the hour they spend grocery shopping is the most important hour of the week! If only healthy foods are available at home, then patients will be much more likely to eat healthy foods. Similarly, patients will be much less likely to eat unhealthy, high calorie foods if they do not buy them at the grocery store and do not have them at home.
- Review the following suggestions with patients:
 - Shop on a full stomach, when it is easier to make healthy choices.
 - Schedule grocery shopping for times when motivation and discipline are highest. For example, after a stressful day at work it may be difficult to make the healthiest choices. Shopping at other times, such as early in the morning or after dinner, may be easier.
 - Focus shopping on the outside aisles of the store, which contain more fresh foods and lower calorie foods.
 - Stick to your list. Avoid buying unhealthy items just because they are on sale. Also avoid buying extra food items when the store limits the quantity you may purchase (e.g., limit 4 per customer). The stores know that when given a limit, consumers often buy more!
 - Compare nutrition labels (see next page) to check the number of calories and percentage of fat.
 - Keep this motto in mind during the shopping trip: “Put healthy foods into the cart, keep unhealthy foods out of the cart, and your week is off to a successful start!”

E. Very low calorie foods and examples of fruit servings. Indicate that their handouts provide examples of very low calorie foods and of servings of fruit, and encourage patients to add these to their grocery lists.

F. Skill Builder (Refer to handout.)

- *Note that you will now be meeting every other week. Briefly discuss this with the patient and stress the importance of weighing at least once per week and continuing to keep up with their food journaling.*
- Record food and calories each week.
- Total your calories for the day and for the week. Record your weekly total.
- Record minutes of any physical activity done for 10 minutes or more.
- Record weight once per week in food journal and Weight Tracker sheet
- Use a meal plan and measure portions.
- Make one change to your grocery shopping habits for the next 2 weeks.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #4, Week 4

A. Review Weight Change

Record your weight today: _____ lb. Change from last visit: _____ lb.

Change since start of program: _____ lb.

B. Review Food Journal

Let's review the information in your food journal.



Since your last visit, how many days did you record your eating? ____

What were your total calories per week? _____

How many calories per day did you eat, on average? _____

C. Meal Planning

Planning and shopping for the meals you eat each week builds the foundation for healthy eating. The recipe for success looks like this:

1. *Take 5-10 minutes once per week to plan meals for the next 7 days.*
2. *Make a grocery list based on your meal plan.*
3. *Stock your kitchen with the foods you will need for healthy eating.*
4. *Enjoy a week full of healthy eating that comes easily!*

Let's start with steps 1 and 2. Use the worksheet on the next page to start planning your meals for the next few days. As you plan, make a grocery list for the items you will need to prepare those meals. Try to limit the number of meals you are planning to eat away from home. (Meals eaten in restaurants and fast food outlets are typically higher in calories than those you can prepare at home.)

D. Shopping for Success

Grocery shopping is a key to your success. Do you have access to healthy food? If not:

- * Can you find a farmers' market that sells fruits and vegetables?
- * Can you have groceries delivered?
- * Can you make an occasional trip to a grocery store that has healthy foods?



Here are some tips to help with grocery shopping:



- ✓ Shop on a full stomach.
- ✓ Schedule your shopping for times when you are most motivated and able to be disciplined about your purchases.
- ✓ Focus your shopping on the outside aisles of the store, which contain more fresh foods and lower calorie foods.
- ✓ Stick to your list. Avoid buying unhealthy items just because they are on sale.
- ✓ Compare nutrition labels to check the number of calories and percentage of fat.

Remember: Put healthy foods in your cart, keep unhealthy foods out of your cart, and your week is off to a successful start!

Choose one change to your grocery shopping to make in the next month:

E. Very Low Calorie Foods

The following foods are very low in calories. Add them to your shopping list!



Salad greens and raw vegetables

- Broccoli/Cauliflower
- Cabbage
- Carrot
- Celery
- Cucumber
- Endive
- Kale
- Mushrooms
- Onion
- Peppers
- Radishes
- Salad green
- Spinach
- Sprouts
- Summer squash
- Tomato
- Zucchini

Drinks

- Bouillon or broth without fat
- Bouillon without fat (low sodium)
- Carbonated drinks (sugar free)
- Coffee, tea (Use only low-fat or nonfat creamers, skim milk, or 1% milk in coffee or tea)
- Drink mixes (sugar free)
- Tonic water (sugar free)

Condiments

- Artificial butter flavorings (e.g., Butter Buds)
- Catsup (1 Tablespoon)
- Horseradish
- Hot sauce
- Mustard (check label)
- Picante sauce/ Salsa
- Pickles (dill, unsweetened)
- Taco sauce
- Vinegar
- Soy sauce
- Worcestershire sauce

Sweet substitutes

- Gelatin, sugar free
- Gum, sugar free
- Sugar substitutes (e.g., saccharine, aspartame)

Miscellaneous

- Herbs
- Lemon juice
- Nonstick pan spray
- Spices

→ Choose higher calorie vegetables (i.e. avocado, corn, peas) less frequently or in smaller amounts

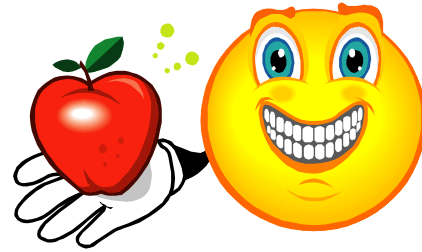
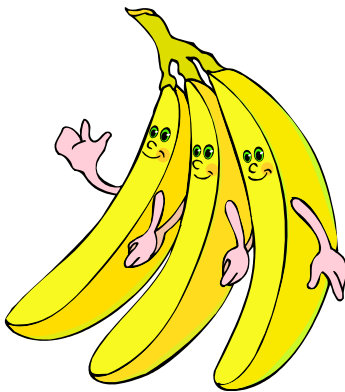
→ Eat veggies fresh or steam and spray with “I Can’t Believe it’s not Butter” spray, salt/pepper, spices.

→ When making a salad, consider using 2 Tbsp. of salsa as a dressing for a calorie free option or 1 Tbsp. of a light vinaigrette dressing (about 20 calories)

Examples of Fruit Servings

60 Calorie Fruit Servings

- 1 small apple (4 oz)
- 1 small nectarine (4.5oz)
- ½ cup applesauce, unsweetened
- ¾ cup blueberries
- 1 ¼ cup whole strawberries
- 1 cup raspberries
- 1 cup cubed cantaloupe or honeydew
- 1 cup cubed watermelon
- ½ medium grapefruit
- 1 kiwifruit (3 ½ oz)
- ½ cup fruit cocktail, light syrup or own juice
- 12-15 grapes
- 12 cherries
- 2 small plums
- 3 dried prunes (also called “dried plums”)
- 2 Tbsp raisins or other dried fruit
- 1 medium orange
- 1 medium peach
- 4 oz most 100% fruit juices



100 Calorie Fruit Servings

- 1 cup (or 25) grapes
- 1 cup blueberries
- 2 cups strawberries
- 1 1/2 cups raspberries
- 2 cups watermelon
- medium banana (7 inch)
- medium pear (6oz)
- medium apple (3 inch diameter)
- medium apricot
- 2 mandarin oranges
- 2 kiwis
- 25 cherries
- 1/2 cantaloupe
- 1 cup applesauce (unsweetened)
- 1/4 cup dried peaches or apricots
- 3 Tablespoons raisins
- 1 cup pineapple (75 calories)
- 1/2 cup canned pineapple
- 15 olives
- 3 medium figs
- ** Most 4-ounce snack cups of fruit in their own juice are 70 to 100 calories*
- ** Try freezing fruits, especially bananas or grapes, for a refreshing treat*

F. Skill Builder



- **Review Session 4 handouts**
- Stay within your calorie and fat gram goals by using your **meal plan**.
- Make one change to your **grocery shopping habits** for the next 2 weeks.
- Record food and calories for next week. **Aim for _____ calories per day.**
- For each week, **total your calories for the day and for the week.** Record your weekly total in the back of your food journal.
- **Record minutes of any physical activity** done for 10 minutes or more.
- **Record your weight once per week** in food journal and Weight Tracker sheet.

Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #5, Week 6 Increasing Physical Activity

Agenda

In Visit #5, patients will:

- Review food and activity records since Visit #4
- Learn the benefits of moderate physical activity
- Find an activity that will help patients lose and maintain weight

Materials for meeting

- Food journals (2)
- Visit #5 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Praise patients if they lost weight. Reassure them if no weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.
- Discuss patients' reactions to meeting every other week rather than every week. Support those who find it more difficult.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week now that they are not coming in every week.

B. Review Food Journals

- Remind the patient (as needed) that they should come in ready to discuss the number of days they kept track, total (or average) calories, and total minutes of physical activity.
- Review food journals
 - Determine the number of days records were kept for past week.
 - Determine calories per week for each of last 2 weeks.
- Praise patients for any record keeping and problem solve with those who did not record.
- Review success in using strategies for healthy grocery shopping.
- Ask if patient recorded any bouts of physical activity of 10 minutes or more. Praise patients who are already active. You will be discussing increasing physical activity this week.

C. Introducing Physical Activity

- Indicate that the program officially introduces physical activity this month. (Refer to handout.)
- Discuss benefits of moderate physical activity:
 - Improves cardiovascular health, with benefits for
 - Blood sugar
 - Blood pressure
 - HDL (good) cholesterol
 - Contributes to weight control

- Can help with weight loss by burning calories
 - Helps especially to maintain weight loss
- Moderate activity is sufficient to obtain health/weight benefits
 - What is moderate activity? Anything that makes your heart beat faster and makes you breathe harder.
 - People can carry on a conversation while exercising moderately.
- Disadvantage of physical activity: Can be tiring or burdensome if overdone, particularly in the beginning. *We want you to gradually increase your physical activity. It should not be unpleasant.*
- Ultimate goal for physical activity is 30-45 minutes per day, 5-6 days per week. (Refer to handout.)
 - We will increase activity slowly
 - Goal for next two weeks: 10 minutes per day, 3 days per week
 - Bouts must be at least 10 minutes to count toward 30 minute goal for the week
 - It's fine if the patient is already doing more exercise. If they are, they might try to increase your total by 15 minutes this week.

D. Becoming More Active

- Ask patients about current physical activities (i.e., walking, swimming, etc.) and attitudes toward activity.
- Choose an activity
 - Suggest that brisk walking is an ideal activity (but other activities are fine).
 - Increase enjoyment of walking by doing it with a friend or listening to music or a book on tape.
 - Consider other activities that patients enjoy: bike riding, swimming, or classes with a friend (for example, aerobics, dance, and yoga).
 - Select an activity with all patients, preferably walking.
- Pick a time and place. (Have patients record this plan on their handout.)
 - Time of day
 - Consider early morning, lunch break, part of commute to/from work
 - Places to walk
 - Is the patient's neighborhood safe for walking?
 - Alternatives to outdoor walking: exercise at home (dancing, exercise tape), at a local recreation center, in a mall or large store (e.g., Home Depot).
- Instruct patients to record all bouts of walking or other activity.
 - Reiterate that bouts must be at least 10 minutes to count toward 30 minute weekly goal.
- Summarize patient's chosen activity and times, places, and frequency of exercising. Caution them not to exercise too hard and to maintain a comfortable pace.

E. The Importance of Fat Intake

- Explain why paying attention to fat intake is important.
 - *Fat has twice as many calories as protein or carbohydrate for the same amount of food (measured as the weight of the food).*
- Discuss ways of reducing fat intake.
 - Ask patients what foods they eat that are high in fat. (Refer to handout.)
 - Identify lower fat substitutions. (Refer to handout.) Examples:
 - Instead of frying chicken - grill, bake, or roast it.
 - Instead of snacking on chips - have popcorn or pretzels.
 - Instead of using whole milk or cream - have 1% or skim milk.
 - Instead of adding butter or cheese to foods - add herbs, spices, or lemon for flavor.

F. To Do List (Refer to handout.)

- Record food intake for next 2 weeks.
- For each week, total calories for the day and for the week.
- Reduce fat in the foods you buy and use lower-fat cooking methods.
- Engage in physical activity for at least three, 10-minute bouts per week.
- For each week, record minutes of activity for the day and for the week.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #5, Week 6

A. Weigh to Go!

Record your weight today: _____ lb. Change from last visit: _____ lb.
Change since start of program: _____ lb.

B. Review Food Journals

Let's review the information in your food journals.



What were your calorie totals for each of the weeks since your last visit with your lifestyle counselor?

Did you have any problems recording your food or beverage intake?

If so, what strategies can you use to increase your recording?

What changes did you make since last session in the way that you shop for groceries?
Which of these changes will you maintain? _____

C. Increasing Physical Activity

There are many **benefits of regular physical activity**:

- ★ **It improves your health.** It may improve blood pressure, blood sugar, and cholesterol.
- ★ **It helps with weight control,** especially weight loss maintenance.



Exercising at a moderate intensity, such as brisk walking, will produce these benefits. Moderate means that your heart beats faster and you breathe more quickly, but you could carry on a conversation if you wanted to. You should not push yourself until you are out of breath, tired, or sore.

D. Becoming More Active

The eventual goal is to do 30-45 minutes of activity per day, most days of the week, to reach a total of 225 minutes or more per week. You can work up to this gradually.



The goal this month is to engage in physical activity (such as walking) for **10 minutes, three times a week**. This equals 30 minutes a week.

Only bouts of 10 minutes or more count toward your goal of 30 minutes a week.

If you already exercise more than this, continue at your higher level, or increase by 15 minutes this week.

We know that physical activity can be challenging! Your Lifestyle Counselor can help.

Let's make a plan for increasing physical activity.

What activities are you doing now? _____

Walking is an ideal activity to start with. If you don't enjoy walking, think of other activities you like. You can make activity more fun by doing it with a friend or listening to music or a book on tape while you do it.

For the next week, pick the three days on which you will walk (or engage in another activity). A walking DVD can help if you want to walk at home.

| Activity | Day | Time | Place |
|----------|-----|------|-------|
| | | | |
| | | | |
| | | | |

Keep a record of your activity in your food journal to track your progress.

Starting this week, you will gradually increase your physical activity to ≥ 225 minutes per week by the end of the program!

Physical Activity Schedule

| | |
|-------------------------------------|--|
| Week 6 (Visit 5): | 30 minutes per week (10 minutes on 3 days per week) |
| Week 8 (Visit 6): | 45 minutes per week (15 minutes on 3 days per week) |
| Week 10 (Visit 7): | 60 minutes per week (15 minutes on 4 days per week) |
| Week 12 (Visit 8): | 80 minutes per week (20 minutes on 4 days per week) |
| Week 14 (Visit 9): | 100 minutes per week (20 minutes on 5 days per week) |
| Week 16 - 18 (Visit 10-11): | 125 minutes per week (25 minutes on 5 days per week) |
| Weeks 20 - 22 (Visit 12-13): | 150 minutes per week (30 minutes on 5 days per week) |
| Weeks 24 - 28 (Visit 14-15): | 175 minutes per week (35 minutes on 5 days per week) |
| Weeks 36 - 40 (Visit 17-18): | 200 minutes per week (40 minutes on 5 days per week) |
| Weeks 44 - 52 (Visit 19-21): | 225 minutes per week (45 minutes on 5 days per week) |

E. The Importance of Fat Intake

Fat has twice the number of calories as carbohydrate or protein for the same amount (weight) of food. Eating too much fat also increases cholesterol levels. However, some fat in the diet is necessary.

How can I eat less fat?

What foods do you eat that are high in fat? _____

Replace some of these foods with lower fat options:

| Instead of | Try |
|---|---|
| Foods fried in oil | Grilled, baked, roasted, or steamed foods |
| Potato chips | Air-popped popcorn or pretzels |
| Whole milk or cream | 1% or skim milk |
| Added cream, butter, or cheese for flavor | Herbs, spices, salsa, or lemon for flavor |

For a 1200 calorie diet, try to eat less than 30 grams of fat per day. For a 1500 calorie diet, aim for less than 40 grams. Try recording fat intake in your food journal for the next two weeks.

F. Skill Builder



- **Review session 5 handouts.**
- **Record food intake for next 2 weeks.**
- For each week, **total your calories for the day and for the week.**
- **Record total grams of fat each day.** Try this for at least one week. Aim for less than 30 grams if you are eating 1200 calories, and less than 40 grams if you are eating 1500 calories.
- **Engage in physical activity for three, 10-minute bouts per week.**
- **Record your daily minutes of activity** and determine your weekly total (with a goal of 30 minutes).
- **Record your weight once a week** in food journal and Weight Tracker sheet.

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #6, Week 8 Triggers for Overeating

Agenda

In Visit #6, patients will:

- Review food and activity journals since Visit #5
- Learn to identify cues for overeating
- Learn strategies for responding to those cues

Materials for meeting

- Food journals (2)
- Visit #6 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Congratulate patients if they lost weight. Reassure them if they did not and identify factors that contributed to weight gain or lack of weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week now that they are not coming in every week.

B. Review Food Journals

- Review food journals
 - Determine the number of days records were kept for past week and approximate number of calories per day for the week.
 - Determine total calories per week for each of last 4 weeks.
 - Ask how patients liked monitoring their fat intake.
 - Review fat gram intake for several days.
 - Determine if patients met fat gram goal (30 or fewer grams per day if 250 pounds or less; 40 or fewer grams per day if more than 250 pounds)
 - Indicate that recording fat intake is optional. If patients choose to record, it will help them reduce their calorie intake and eat a healthier diet.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (exercising at least 3 times per week for at least 10 minutes each time).
 - Congratulate patients who were successful and determine their enjoyment of this activity.
 - Problem solve with patients who did not meet goal. Identify new time, place, or activity to facilitate adherence to goal for next week.
 - Explain that the goal for next 2 weeks is to exercise 3 times per week, for 15 minutes each time, for a total of 45 minutes per week.

C. Addressing Triggers for Eating

- Introduce the concept of triggers for eating.
 - *Many things can trigger or cue people to eat (not just hunger!).*
 - *For instance, some people find themselves wanting to have a snack when they watch television at night, because they do this over and over again and start to associate watching television with snacking.*
 - *Other people may go to the movies and have a craving for popcorn, even if they are not hungry. This is probably because they have eaten popcorn many times at the movies, so they associate being at the movies with eating popcorn.*
- Ask patients what "cues" them (or triggers them) to eat. Possible cues:
 - Sight and smell of food.
 - Certain activities, like watching TV or reading.
 - Certain places, like the living room couch.
 - What they are thinking or feeling.
- Explain how habits can be formed and changed. *When people respond to a food cue in the same way, over and over, they build a habit. The good news is that certain strategies can help you change those habits.*
 - Remind patients that it takes time to break an old habit or build a new one.
- Review key cue control strategies with patients. (Refer to handout.)
 - *Limit the places where you eat.*
 - Suggest making the kitchen table the designated eating place at home.
 - Discourage eating while in bed, standing at the fridge, driving in the car, or while sitting on the couch.
 - *Limit the activities you do while eating.*
 - Suggest doing nothing else while eating, other than talking to the people you are with.
 - Discourage watching television, talking on the phone, or reading while eating.
 - *Remove foods from their container when eating.*
 - Suggest putting food on a plate when eating. Smaller plates can also help cue you to eat less.
 - Discourage eating directly out of a container. Large portions can "cue" patients to eat too much.
 - *Store tempting foods out of sight.*
 - Suggest keeping high calorie foods out of the house or at least in places patients will not see them often.
 - Discourage keeping high calorie foods on the counter, kitchen table, or at the front of the pantry or fridge.
 - *Find positive ways to respond to stress, boredom, or sadness.*
 - Suggest ways to feel better without eating, such as going for a walk or talking to a friend.
 - Discourage the use of eating as a way of responding to negative feelings or situations.

- Ask patients to identify two cue control strategies they would like to use in the next week to address triggers for eating. (Refer to handout.) Explain that they should continue trying two new strategies each week for the next month and rate their progress on their handout.

D. To Do List (Refer to handout.)

- Record food intake for next 2 weeks.
- For each week, total calories for the day and for the week.
- Engage in physical activity at least 3 times a week, for a total of at least 45 minutes per week (about 15 minutes per bout).
- For each week, record minutes of activity for the day and for the week.
- Practice two cue control strategies per week and record progress on handout.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #6, Week 8

A. Check-In

| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



B. Review Food Journals

Let's review your food journals. If you had trouble recording, let's make a plan for improving for next visit.

| | |
|---|---|
| Calorie totals for each week since your last visit | <div style="display: flex; justify-content: space-around;"> _____ _____ </div> <div style="display: flex; justify-content: space-around; font-size: small;"> Week 6 Week 7 </div> |
| Approximate calories per day for the past week | Past week: _____ |
| Approximate grams of fat per day for the past week | Past week: _____ |
| Number of weeks you met the goal of exercising at least 3 days during the week for 10 minutes per day | |

Did you meet the physical activity goal of exercising at least 3 days per week for at least 10 minutes per bout, for a total of 30 minutes per week? _____

→ If *yes*, congratulations!

→ If *not*, let's make a new plan to increase your physical activity:

| Activity | Day | Time | Place |
|----------|-----|------|-------|
| | | | |
| | | | |
| | | | |
| | | | |

The goal for the next 2 weeks is to exercise at least 3 days a week for 15 minutes at a time, for a total of at least 45 minutes per week. You can do more if you already are.

C. Triggers for Eating

Many things can trigger or cue people to eat, not just hunger! Some people always have a snack when watching television at night, or always want popcorn at the movies, because they associate certain times, places, or activities with eating.

What "cues" you (or triggers you) to eat?

- Sight and smell of food
- Certain activities, like watching TV or reading
- Certain places, like the living room couch
- What you're thinking or feeling



When you respond to a food cue in the same way, over and over again, you build a **habit**. Remember, it takes **time** to break an old habit or build a new one.

Key Strategies for Coping with Eating Triggers:

- ★ Limit the places where you eat.
 - Consider making the kitchen table your designated eating place at home.
 - Avoid eating while in bed, standing at the fridge, or while sitting on the couch.
- ★ Limit the activities you do while eating.
 - Do nothing else while eating. (It's ok to talk to people who are with you).
 - Do not watch television, talk on the phone, drive in the car, or read while you eat.
- ★ Remove foods from their container when eating.
 - Put food on a plate or napkin when you eat it.
 - A small plate is a cue to eat less.
 - Avoid eating directly out of a container. (When you sit down with an entire bag of pretzels or a box of crackers, the large portion that is available can "cue" you to eat too much.)
- ★ Store tempting foods out of sight.
 - Keep high calorie foods out of the house, or at least in places you will not see them often.
 - Do not keep high calorie foods on the counter or kitchen table, or at the front of the pantry or fridge. Arrange your fridge and cabinets to keep healthy foods at eye level, and less healthy foods tucked away.

- ★ Find positive ways to respond to stress, boredom, or sadness.
 - Take care of yourself. Consider going for a walk or talking to a friend.
 - Do not use eating as a way of responding to negative feelings or situations.

Cue Control Strategies to Try:

What strategies can you use to address your triggers for eating? Pick two to try for the next weeks.

Practice the strategies until you have mastered them and then pick two new ones.

| <u>Cues or Triggers</u> | <u>Strategy to control the trigger or cue</u> |
|--------------------------------|--|
| 1. | |
| 2. | |
| 3. | |
| 4. | |

D. Skill Builder



- **Review session 6 handouts.**
- **Record food intake for next 2 weeks.**
- **For each week, total your calories for the day and for the week.**
- **Engage in physical activity at least 3 times a week, for a total of at least 45 minutes per week (about 15 minutes per bout).**
- **Practice cue control strategies and complete the table above.**
- **Record your weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #7, Week 10 Eating Out

Agenda

In Visit #7, patients will:

- Review food and activity journals since Visit #6
- Learn skills for healthy eating in restaurants
- Learn how to shop for healthy foods

Materials for meeting

- Food journals (2)
- Visit #7 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Congratulate patients if they lost weight. Reassure them if they did not and identify factors that contributed to weight gain or lack of weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week.

B. Review Food Journals

- Praise patients for record keeping and problem solve with those who did not record.
- Review food journals
 - Determine the number of days records were kept for past week and approximate number of calories per day for the week.
 - Determine total calories per week for each of last 2 weeks.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (exercising at least 3 times per week for a total of at least 45 minutes).
 - Congratulate patients who were successful and determine their enjoyment of this activity.
 - Problem solve with patients who did not meet goal. Identify new time, place, or activity to facilitate adherence to goal for next month.
- Review practice of cue control techniques.
 - Review the table on cue control strategies that patients were given to complete last session. Ask patients which strategies they tried.
 - Determine if these strategies were helpful. Encourage patients to continue using the strategies that were valuable. Building a new habit takes time.

C. Eating Healthy When Eating Out

- Explain the importance of the food environment. *The food around you has a powerful influence on how you eat. The environment we live in often makes healthy eating very challenging.*
- Explain that healthy eating at restaurants or fast food outlets can be difficult. Several strategies can make it easier.
- Instruct patients to plan ahead.
 - *Choose restaurants that have low-fat, low-calorie options.*
 - *Look at the calories ahead of time online or in your Calorie Counter. Many restaurants post their menu online with calorie information.*
 - *Plan a healthy meal before you get to the restaurant. When you get there, don't re-read the menu, just stick to what you planned.*
- Encourage patients to order wisely.
 - *Ask for food to be baked, broiled, or steamed.*
 - *Ask for sauces, gravy, dips, and dressings on the side.*
- Explain strategies for limiting portion size.
 - *Share your food with someone.*
 - *Put some of your food in a doggy bag before you start to eat.*
- Review lower calorie restaurant/fast food options.
 - *This chart shows which options are high in calories and which are healthier choices. (Refer to handout.)*

D. To Do List (Refer to handout.)

- Record food intake for next 2 weeks.
- For each week, total calories for each day and for the week.
- Engage in physical activity at least 4 times a week, for a total of at least 60 minutes per week (about 15 minutes per bout).
- For each week, record minutes of activity for the day and for the week.
- Use strategies to make healthier choices if you eat out.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #7, Week 10

A. Weigh to Go!



Your weight today: _____ lb.

Change from last visit: _____ lb.

Change since start of program: _____ lb.

B. Review Food Journals

It is time to crunch your numbers! Let's review your food journals.

| | |
|---|------------------|
| Weekly calorie totals since your last visit | Week 8: _____ |
| | Week 9: _____ |
| Approximate calories per day for the past week | Past week: _____ |
| Total minutes of physical activity per week | Week 8: _____ |
| | Week 9: _____ |
| The goal for next time is to engage in physical activity at least 3 times a week, for a total of at least 45 minutes per week (about 15 minutes per bout). | |
| Did you use the cue control strategies we discussed last time? Which were helpful? | |

F. Best Practices for Eating Out

The environment has a big influence on what you eat. When you eat out, healthy eating can be challenging! Some key strategies can make it easier.

- ❖ Reduce how often you eat away from home. It is difficult to limit calories in fast food venues and restaurants.
- ❖ Before you arrive at the restaurant, look up calorie information for options that might be available. Look online (www.dietfacts.com/fastfood.asp) or use your calorie book.
- ❖ Decide ahead of time what you will order. Stick to your plan – don't re-read the menu at the restaurant.
- ❖ Limit the number of items you eat. If your meal has a lot of variety, you will be more likely to overeat.
- ❖ Watch for hidden calories from butter and oil. Consider asking to have your meal prepared without butter or oil. Ask for sauces, gravy, dips and dressings on the side.
- ❖ Pay attention to portion sizes. Ask for a container for leftovers and place half of your meal in it before you begin eating or share an entrée with someone.
- ❖ Be mindful of the celebratory mood you may be in when eating out. Focus on obtaining enjoyment from your company. Resist the urge to splurge on high-calorie foods as a way of enjoying yourself.
- ❖ Don't be fooled by "value meals," which often are packed with calories. Ordering these meals may make sense for your wallet, but they can be dangerous for your waistline. The cost may only be a little extra, but you're getting a lot of extra calories that you don't need.

Which strategy for eating out would you like to focus on using in the next month?

| <u>CAUTION: Higher calorie choices</u> | <u>GO! Lower calorie choices</u> |
|---|--|
| Pizza | |
| Meat toppings (sausage, pepperoni) | Plain pizza (with half the cheese or low-fat cheese) Veggie toppings: Onions, peppers, mushrooms |
| Fast food | |
| Regular hamburger, cheeseburger French fries Fried fish or chicken Mayonnaise-based sauces | Grilled, broiled, or roasted chicken, without sauce Broiled, extra lean burger |
| Mexican | |
| Enchiladas Chili con queso Fried tortillas, tortilla chips Sour cream, guacamole | Heated (not fried) tortillas Grilled chicken or beef fajitas Soft tacos (corn or flour tortillas) Salsa |
| Chinese and Japanese | |
| Tempura Fried chicken, beef, fish, rice, or noodles Egg rolls | Stir-fried chicken or vegetables Steamed rice Soup |
| Seafood | |
| Fried fish Fried vegetables | Broiled or baked seafood with lemon Plain baked potato |

D. Skill Builder



- **Review session 7 handouts.**
- **Record food intake for next 2 weeks.**
- **For each week, total your calories for the day and for the week.**
- **Engage in physical activity at least 4 times a week, for a total of at least 60 minutes per week (about 15 minutes per bout).**
- **Use strategies to make healthier choices if you eat out.**
- **Record weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #8, Week 12 Jump Start Activity

Agenda

In Visit #8, patients will:

- Review food and activity records since Visit #7
- Learn new ways of increasing their lifestyle activity

Materials for meeting

- Food journals (2)
- Visit #8 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Congratulate patients if they lost weight. Reassure them if they did not and identify factors that contributed to weight gain or lack of weight loss.
- Review patients' weight change for the first 3 months of the program.
 - Determine patients' success to date and factors contributing to it.
 - If patients have not met their goals, discuss additional steps to be taken.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week now that they are not coming in every week.

B. Review Food Journals

- Review food journals
 - Determine the number of days records were kept for past week.
 - Determine total calories per week for each of last 2 weeks.
 - Determine approximate calories per day for past week.
 - Review types and amounts of foods patients are eating. If necessary, discuss adjustments that may help patients meet calorie goals.
- Review success in using strategies for eating out.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (exercise 4 times a week for a total of at least 60 minutes).
 - Congratulate patients who were successful.
 - Problem solve with patients who did not meet goal. Identify new time, place, or activity to facilitate adherence to goal for next month.
 - Explain that goal for next 2 weeks is to exercise 4 times a week, for a total of at least 80 minutes per week (about 20 minutes per bout).

C. Increasing Physical Activity

- Introduce the concept of lifestyle activity.
 - Explain that lifestyle activity consists of all the activities that burn calories during the course of the normal day. This includes activities such as using the stairs, washing the dishes, or even getting up to turn off the television.
 - All activities, no matter how small, burn calories. Increasing lifestyle activity can help with weight control.
- Discuss the benefits of step counting.
 - Explain that the amount of walking we do in a day is a good index of how much lifestyle activity we are getting. Pedometers count each step a person takes during the day. The number of steps is displayed on the screen. Monitoring this number provides valuable information about lifestyle activity.
 - You don't need to buy an expensive tracker to be able to count your steps.
 - Many smartphones, including iPhones and Androids, have applications that automatically count your steps. If you decide to use this method, make sure you are holding or wearing your smartphone so it can count all of your steps.
 - You can also get an inexpensive pedometer online or at a local store.
 - Instruct patients to use a step tracker to count their steps for the next two weeks.
 - They should put on the pedometer upon waking and wear it all day.
 - At the end of the day, patients should record number of steps taken in their food journal. Traditional pedometers should be reset to zero each morning.
- Discuss ways to increase lifestyle activity.
 - By making active choices throughout the day, patients will have higher step counts and burn more calories.
 - Review chart of inactive choices and active choices. (Refer to handout.)
 - Parking car far away instead of at the closest spot possible
 - Pacing while talking on phone instead of sitting down
 - Walking to co-worker's offices instead of e-mailing or calling them
 - Retrieving items at home instead of having children get them
 - Getting off bus or subway one stop early instead of riding the entire way
 - Taking stairs instead of the elevator
- Encourage patients to use the next two weeks as an opportunity to make walking part of their daily routine as much as possible. Encourage them to track their number of steps as closely as they can.
- Direct patients to choose two of the strategies listed below (and on their handout) to use in the next month for increasing their number of steps per day. (Record on handout.)
 - Take several 5-10-minute walks during the day. Schedule a 5-minute break from your desk every hour.
 - Choose the farthest entrance to a building when entering.
 - Host "walking meetings" at work.
 - Walk to a restroom, water cooler, or copy machine on a different floor at work.
 - Walk during lunch break.
 - Park farther away in parking lots.

- Get off the bus or train earlier and walk farther to the destination.
- Take the stairs rather than the elevator or the escalator.
- Start a walking club with co-workers or neighbors.
- Walk - don't drive - for trips less than one mile.
- Take an after-dinner walk with family.
- Go for a walk while talking on a wireless phone.
- Walk the dog more often.
- If staying indoors is preferable because of the weather, try walking in a shopping mall or doing laps around a large store.
- Purchase a treadmill to use at home.
- Schedule time for walking every week and stick to it like any other appointment.
- Or think of another strategy: _____
- Provide patients with step goal: *During the next two weeks, aim for 5,000 or more steps per day. Each week you will increase your daily step goal by 250 so that you will reach an average of 10,000 steps per day by week 32. Ten thousand steps is equal to walking 4 to 5 miles.*

D. To Do List (Refer to handout.)

- Record food intake for next 2 weeks; total calories for the day and for the week
- Exercise at least 4 times per week, for a total of 80 minutes per week (about 20 minutes per bout). This walking counts towards the daily step goal.
- Wear a step tracker each day, record number of steps taken each day, and use two strategies for increasing lifestyle activity
- For each week, record minutes of activity for the day and for the week
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #8, Week 12

A. Check-In

| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



B. Review Food Journals

Let's review your food journals. If you had trouble recording, let's make a plan for improving this month.



Calorie Calculations:

What were your calorie totals for each of the weeks since your last visit? _____

Approximately how many calories per day did you eat in the past week? _____

Did you meet the physical activity goal (exercise 4 days a week for a total of at least 60 minutes per week)? _____ Congratulations if you did!

The goal for the next 2 weeks is to exercise **4 times per week**, for a total of at least 80 minutes per week (about 20 minutes per bout).

C. Increasing Physical Activity

Lifestyle activity consists of all the activities that burn calories during the course of a normal day. Using the stairs, washing the dishes, or even getting up to turn off the television are all examples of lifestyle activity.

All activities, no matter how small, burn calories. Increasing lifestyle activity can help with weight control, so building physical activity into your everyday routine is important.

A **pedometer** is a tool that can help you track how much lifestyle activity you are getting. It can help you stay active. A pedometer counts each step you take and displays your total steps on the screen.



Many smartphones, including iPhones and Androids, have applications that automatically count your steps. If you decide to use this method, make sure you are holding or wearing your smartphone so it can count all of your steps.

During the next 2 weeks, aim for 5,000 or more steps per day. Each week you will increase your daily step goal by 250 so that you will reach an average of 10,000 steps per day by week 32 (equal to walking 4 to 5 miles).

Start making more active choices in your routine in order to increase the amount of walking you do each day. As your number of steps increases, you will know that you are making more active choices.

| Inactive Choice | Active Choice |
|---|--|
| When you shop, park your car as close as you can to the entrance to the store. | Park your car farther away and walk. |
| Sit down while talking on the phone. | Walk around your house while talking on the phone. |
| E-mail or call a co-worker who you need to contact. | Walk down the hall to contact co-workers face-to-face. |
| Ask your children to get items you need (e.g., the newspaper) from across the room or from another part of house. | Retrieve items yourself. |
| Take the subway or bus directly to your destination. | Get off one stop early and walk part of the way. |
| Take an elevator or escalator. | Take the stairs. |

Choose two of the strategies listed below. Use these in the next month to increase your number of steps per day. Put a check mark next to the two strategies you will try.

- ☐ Take several 5-10-minute walks during the day. Plan a 5 minute break from your desk every hour.
- ☐ Choose the farthest entrance to a building that you are entering.
- ☐ Host “walking meetings” at work.
- ☐ Walk to a restroom, water cooler, or copy machine on a different floor at work.
- ☐ Walk during your lunch break.
- ☐ Park farther away in parking lots.
- ☐ Get off the bus or train earlier and walk farther to your destination.
- ☐ Take the stairs rather than the elevator or the escalator.
- ☐ Start a walking club with co-workers or neighbors.
- ☐ Walk - don’t drive - for trips less than one mile.
- ☐ Take an after-dinner walk with family.
- ☐ Go for a walk while talking on your wireless phone.
- ☐ Walk the dog more often.
- ☐ If you prefer to stay indoors because of the weather, try walking in a shopping mall or doing laps around a large store.
- ☐ Purchase a treadmill to use at home.
- ☐ Schedule time for walking every week and stick to it like any other appointment.
- ☐ Or think of your own strategy: _____

D. Skill Builder



- **Review session 8 handouts.**
- **Record food intake for next 2 weeks.**
- **For each week, total your calories for the day and for the week.**
- **Engage in physical activity at least 4 times a week, for a total of at least 80 minutes per week (about 20 minutes per bout).**
 - Remember, only activities (like walking) that you do for more than 10 minutes count towards this goal.
 - This activity does count towards your step goal.
- **Record your daily minutes of activity and determine your weekly total.**
- **Wear a pedometer or use your smartphone or a step tracker to track your daily steps. Record your daily steps in the food journal. Aim for 5,000 steps per day.**
- **Use two strategies to increase your lifestyle activity.**
- **Record your weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #9, Week 14 Problem Solving

Agenda

In Visit #9, patients will:

- Review food and activity records since Visit #8
- Learn problem solving skills for addressing barriers to lifestyle change

Materials for meeting

- Food journals (2)
- Visit #9 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Congratulate patients if they lost weight. Reassure them if they did not and identify factors that contributed to weight gain or lack of weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week.

B. Review Food Journals

- Review food journals
 - Determine the number of days records were kept for past week.
 - Determine total calories per week for each of last 4 weeks.
 - Determine approximate calories per day for past week.
 - Review types and amounts of foods patients are eating. If necessary, discuss adjustments that may help patients to meet calorie goals.
 - See special note (in the box) on last page of this session.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (exercise 4 times a week for a total of at least 80 minutes).
 - Review frequency of step tracker use (goal is wearing it every day) and address barriers to daily use.
 - Review number of steps taken each day (goal was 5,000 per day) and strategies used for increasing lifestyle activity.
 - Provide physical activity goals for next 2 weeks:
 - Exercising 5 times a week, for a total of at least 100 minutes per week (about 20 minutes per bout).
 - Continue increasing lifestyle activity and average 5,500 steps per day on pedometer by your next visit. (From this point forward, step tracking is optional but encouraged.)

C. Problem solving

- Ask patients to identify a problem they are having changing their eating or exercise behaviors. (Examples: eating unhealthy snacks after dinner; difficulty following through with a plan to go for a walk during lunch-hour)
- Introduce the behavior chain model for problem solving. (Refer to handout.) This model will be used today to work through an example problem (eating cookies after work). It also will serve as a skill that can be used in the future to solve the problem the patient identified.
- Step 1: Describe the problem in detail. Make a behavior chain to see what events, situations, thoughts, feelings, or behaviors led up to the problem.
 - Provide example problem: Eating cookies after work.
 - Provide example of behavior change: Didn't eat lunch → Boss was critical → Felt stressed and anxious → Came home upset and hungry → Went to kitchen → Saw cookies on counter → Ate cookies.
- Step 2: Brainstorm options. Think of ways to change some of the links in the behavior chain.
 - Provide example of ways to change links in the behavior chain, continuing with example of eating cookies after work. Examples include: Pack a bag lunch, talk with boss or co-worker, go for a walk after work to unwind, plan an activity to do at home, don't keep cookies in house, keep cookies out of sight, keep fruit in house and in sight.
- Step 3: Pick one option to try. Weigh the pros and cons and choose one that is very likely to work and that patients can do. Often, it is best to pick a step as early in the chain as possible.
 - Provide example: packing bag lunch may be best choice in cookie example.
- Step 4: Make a positive action plan. Specify what steps you will need to take to prepare, when, how you will start, how you'll handle challenges.
 - In cookie example, action plan could be: Shop for lunch foods over the weekend, pack a bag lunch on Tuesday and Thursday, ask a friend to bring her lunch and eat with you, and plan on getting a turkey sandwich at deli next door if you forget to bring lunch.
- Step 5: Try it. See how it goes.
 - Explain that patients will need to evaluate if a plan worked. If it did not, they will need to evaluate what went wrong and problem solve again.
- Have patients identify a recent problem with eating or physical activity they had. Have them use the Problem Solving sheet to analyze the situation and identify possible solutions. (This can be done during the session or as homework.)

E. Skill Builder (Refer to handout.)

- Record food intake for next 2 weeks. Total calories for the day and for the week.
- Exercise at least 5 times per week, for a total of 100 minutes per week (about 20 minutes per bout). This activity counts toward the daily step goal.
- For each week, record minutes of activity for the day and for the week.
- Wear a step counter each day, record steps in food journal, and increase to 5,500 steps per day over the next two weeks.
- Using Problem Solving sheet, create and implement action plan for a problem identified in today's session.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #9, Week 14

A. Check-In

Your weight today: _____ lb. Change from last visit: _____ lb.

Weight change since start of program: _____ lb.

B. Review Food Journals

| | |
|--|----------|
| Weekly calorie totals since your last visit | Week 12: |
| | Week 13: |
| Approximate calories per day for past week | |
| Total minutes of physical activity for past week | |
| Average pedometer steps/day for past week | |

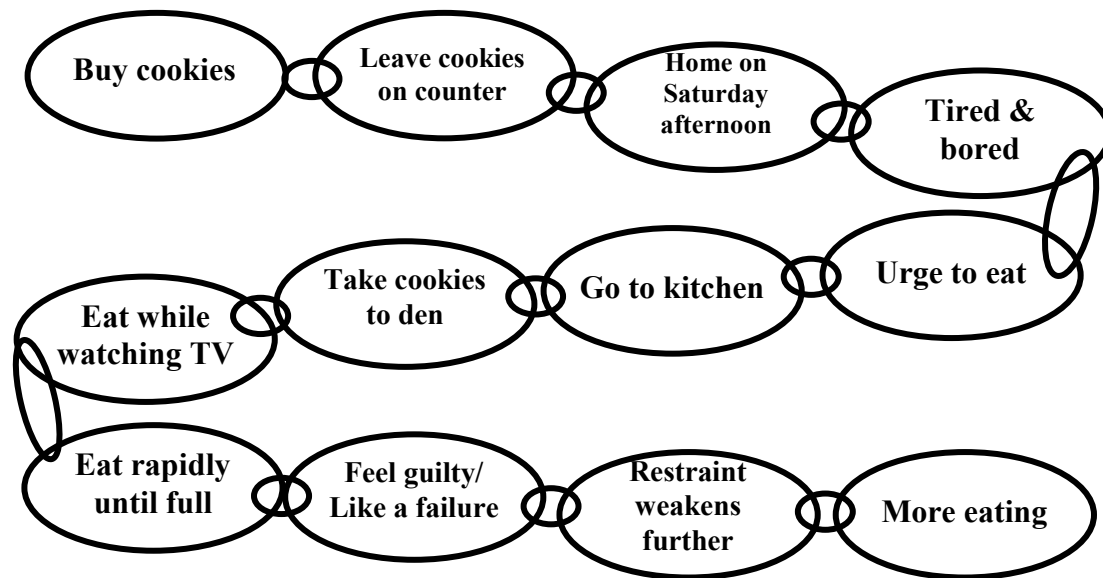
What changes did you make since last session to increase your lifestyle activity?

Your new goal is to gradually increase your steps to an average of 5,500 per day by your next visit. Increase physical activity to 5 days per week for a total of at least 100 minutes (about 20 minutes per bout).

C. Problem Solving

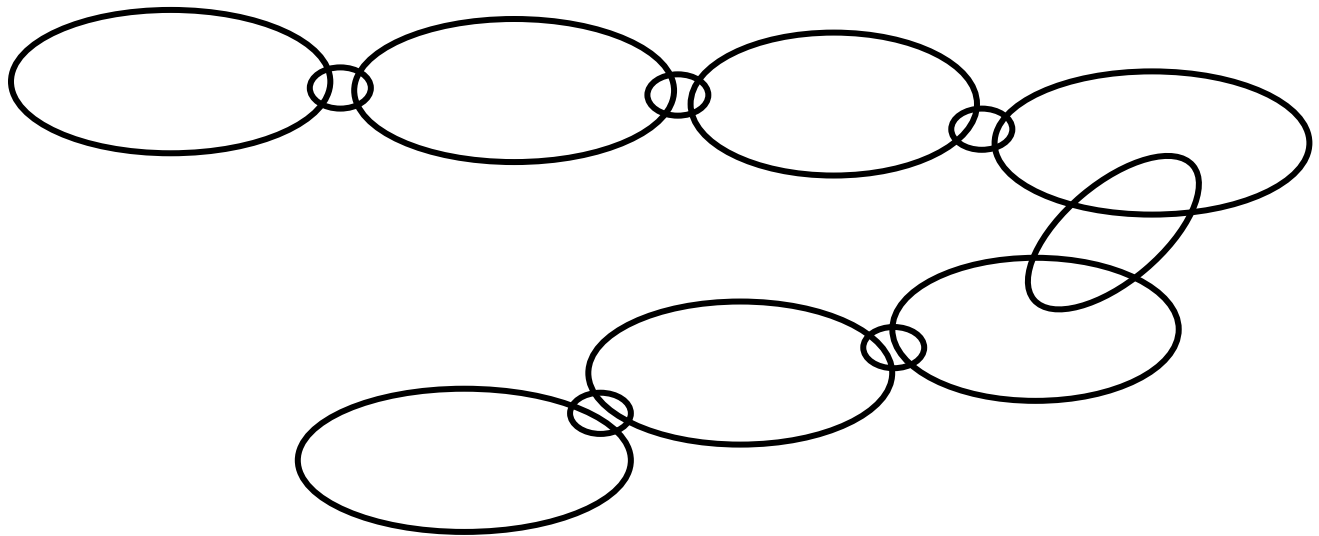
Many barriers can get in the way of being more active and eating a healthier diet. But problems **can** be solved. Let's review the following steps in problem solving.

Behavior Chain Model



My Behavior Chain

Think about the situations, events, feelings, and thoughts that have led up to a behavior that you would like to change.



Problem Solving Steps

| Step | Description | Example | Your Example |
|---|--|--|--|
| 1. Describe the problem in detail. Be specific. | <p>Make a behavior chain to see what led up to the problem.</p> <p>Look for things that “cue” you (or make you want) to eat or be inactive.</p> | <p>Didn’t eat lunch →</p> <p>Boss was critical →</p> <p>Felt stressed and anxious →</p> <p>Came home upset and hungry →</p> <p>Went to kitchen →</p> <p>Saw cookies on counter →</p> <p>Ate cookies</p> | |
| 2. Brainstorm your options. | Think of ways to change some of the links in the behavior chain. | <p>Pack a bag lunch</p> <p>Talk with boss or co-worker</p> <p>Go for a walk after work to relax</p> <p>Plan an activity to do at home</p> <p>Don’t keep cookies in house</p> <p>Keep cookies out of sight</p> <p>Keep fruit in house, in sight</p> | |
| 3. Pick one option to try. | Weigh the pros and cons. Choose one that is very likely to work. Break a link as early in the chain as you can. | Pack a bag lunch | |
| 4. Make a positive action plan. | <p>Specify:</p> <p>What you will do</p> <p>When you will do it</p> <p>How you will start</p> <p>How you will handle roadblocks</p> <p>What you can do that will make success more likely</p> | <p>Pack lunch Monday and Tuesday.</p> <p>Shop on Sunday for foods to pack.</p> <p>I might forget</p> <p>If I forget lunch, get a turkey sandwich at the deli next door</p> <p>Ask a friend at work to bring her lunch and eat with me on Monday.</p> | <p><i>I will:</i></p> <p><i>I will do this first:</i></p> <p><i>Roadblocks that might come up:</i></p> <p><i>I will handle them by:</i></p> <p><i>It might help if I also:</i></p> |
| 5. Try it. See how it goes. | Did it work? If not, what went wrong? Problem solve again as needed. | | |

D. Skill Builder



- **Review session 9 handouts.**
- **Record food intake for next 2 weeks.**
- For each week, total your calories for the day and for the week.
- **Engage in physical activity at least 5 times a week, for a total of at least 100 minutes per week (about 20 minutes per bout).**
- Record your daily minutes of activity and determine your weekly total.
- **Wear your step counter and record your daily steps in the food journal. Gradually increase to 5,500 steps per day by the end of the month.**
- **Use Problem Solving Sheet in the handout to identify a problem in your eating or physical activity and to develop a plan to “break the chain”.**
- **Record weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #10, Week 16 Making Social Cues Work for You

Agenda

In Visit #10, patients will:

- Review food and activity records since Visit #9
- Learn how to use social support to assist in making lifestyle changes
- Learn strategies for handling challenging social events

Materials for meeting

- Food journals (2)
- Visit #10 patient handout

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Congratulate patients if they lost weight. Reassure them if they did not and identify factors that contributed to weight gain or lack of weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week.

B. Review Food Journals

- Review food journals
 - Determine the number of days records were kept for past week.
 - Determine total calories per week for each of last 2 weeks.
 - Determine approximate calories per day for past week.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (exercise 5 times a week for a total of at least 100 minutes).
 - If the patient is using a step tracker, review number of steps taken each day (ultimate goal was 5,500).
- Ask patients if they used Problem Solving sheet from the last session to change an eating or exercise behavior. How did it go? Engage in additional problem solving as necessary.

C. Obtaining Positive Social Support

- Explain to patients that the people in their lives, such as family, friends, and co-workers, can help them make the lifestyle changes that are part of this program.
- Review ways in which others can help patients eat a healthy diet. (Refer to handout.)
 - Serving low-calorie foods

- Giving items other than food for gifts or rewards
- Helping with grocery shopping or cooking
- Praising efforts to eat healthy foods
- Keeping high-calorie foods out of the house
- Review ways in which others can help patients be physically active. (Refer to handout.)
 - Going for a walk with you
 - Exercising as a way of spending time together
 - Helping you make time in your schedule for exercising
 - Setting up a regular time to exercise with you
 - Praising you when you are physically active
- Ask patients to pick one suggestion listed above to try. Encourage patients to be specific when they make a request for someone's help. Tell them when, what, and how they can help. For example, "I will ask Jane to go for a 20-minute walk with me down Market Street during lunch hour on Fridays."

D. Handling Social Events

- Explain that social events such as birthday parties, weddings, and barbeques can make healthy eating challenging. Ask patients to identify challenges they have faced recently when attending social events. (Refer to handout.) Examples might include being nagged to eat dessert, being tempted by large portion sizes, or having only high-calorie foods to choose from.
- Review ideas listed on handout for healthy eating at social events.
 - *Plan ahead.*
 - *Eat something before the event so that you don't need to choose from high-calorie options at the event.*
 - *Plan your meal in advance, so that you will be less tempted in the moment by high-calorie foods.*
 - *Offer to bring a low-calorie dish or appetizer, such as grilled chicken skewers, a vegetable platter, or fruit salad.*
 - *Be assertive.*
 - *Practice saying "No, thank you" politely but firmly when others offer you food or drinks that you would rather avoid.*
 - *Consider telling others that you are changing your eating habits to improve your health and let them know that when you offer you high-calorie foods it is challenging.*
 - *Limit alcohol intake. It can be high in calories, decrease your willpower, and increase your appetite for high-calorie foods.*
 - *Distance yourself from high-calorie foods.*
 - *Stand farther away from food that is set out.*
 - *Keep your hands busy with a calorie-free beverage.*
 - *Clear food from the table when you are finished eating.*

E. Skill Builder (Refer to handout.)

- Record food intake for next 2 weeks. Total calories for the day and for the week.
- Exercise at least 5 times per week for a total of at least 125 minutes per week (about 25 minutes per bout).
- For each week, record minutes of activity for the day and for the week.
- Wear your step counter and record total steps, and aim for 6,000 steps per day by the next study visit.
- Use the plan created today to ask someone for more social support regarding lifestyle changes.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #10, Week 16

A. Check-In

| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |

B. Review Food Journals

Let's review your food journals. How consistent was your recording? Let's make a plan if you are finding it challenging.



| | |
|--|----------|
| Weekly calorie totals since your last visit | Week 14: |
| | Week 15: |
| Approximate calories per day for past week | |
| Total minutes of physical activity for past week | |
| Average pedometer steps/day for past week | |

Did you meet your physical activity goals?

- ☐ Exercise 5 days/week for at least 100 minutes per week
- ☐ Wear your pedometer every day and average 5,500 steps per day



Did you use your Problem Solving sheet from last session to change any behaviors? If you had a challenging month, what strategies can you use to improve next month?

C. Social Support

The people in your life, such as family, friends, and co-workers, can help you make the lifestyle changes that are part of this program.

Others can support your healthy diet by:

- Serving low-calorie foods
- Giving items other than food for gifts or rewards
- Helping with grocery shopping or cooking
- Praising efforts to eat healthy foods
- Keeping high-calorie foods out of the house



Others can support your physical activity by:

- Going for a walk with you
- Exercising as a way of spending time together
- Helping you make time in your schedule for exercising
- Setting up a regular time to exercise with you
- Praising you when you are physically active

Pick one suggestion listed above to try. When you make a request for someone's help, be specific! Tell them when, what, and how they can help.

This week I will ask _____ to _____.

D. Handling Social Events



Social events such as birthday parties, weddings, and barbeques can make healthy eating challenging.

What has been difficult for you about attending social events recently? _____

Here are some ideas for healthy eating when you attend social events:

- **Plan ahead:**
 - Eat something before the event so that you don't need to choose from high-calorie options at the event.
 - Plan your meal in advance, so that you will be less tempted in the moment by high-calorie foods.
 - Offer to bring a low-calorie dish or appetizer, such as grilled chicken skewers, a vegetable platter, or fruit salad.

- **Be assertive:**
 - Practice saying "No, thank you" politely but firmly when others offer you food or drinks that you would rather avoid.
 - Consider telling others that you are changing your eating habits to improve your health and let them know that when they offer you high-calorie foods it is challenging.

- **Limit alcohol intake:** It can be high in calories, decrease your willpower, and increase your appetite for high-calorie foods.

- **Distance yourself from high-calorie foods:**
 - Stand farther away from food that is set out.
 - Keep your hands busy with a calorie-free beverage.
 - Clear food from the table when you are finished eating.

E. Skill Builder



- **Review session 10 handouts.**
- **Record food intake for next 2 weeks.**
- For each week, total your calories for the day and for the week.
- **Engage in physical activity at least 5 times a week, for a total of at least 125 minutes per week (about 25 minutes per bout).**
- Record your daily minutes of activity and determine your weekly total.
- Wear your step tracker and record your daily steps in the food journal. **Aim for 6,000 steps per day.**
- **Use the plan you created today to ask someone in your life for more social support regarding your lifestyle changes.**
- **Record weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #11, Week 18 Stress Management

Agenda

In Visit #11, patients will:

- Review food and activity records since Visit #10
- Identify current stressors
- Learn skills for managing stress
- Receive information on strength training

Materials for meeting

- Food journals (2)
- Visit #11 patient handout
- Strength training packet

A. Greet and Review Weight Change

- Review the patient's weight. *Your weight today is _____ pounds.*
 - Congratulate patients if they lost weight. Reassure them if they did not and identify factors that contributed to weight gain or lack of weight loss.
 - Review patients' weight change since starting the program. Assess rate of progress and patients' satisfaction.
- Determine if patients weighed themselves weekly. Stress the importance of weighing at home at least once per week.

B. Review Food Journals

- Review food journals
 - Determine the number of days records were kept for past week.
 - Determine total calories per week for each of last 2 weeks.
 - Determine approximate calories per day for past week.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (exercise 5 times a week for at least 125 minutes per week).
 - Review number of steps taken each day (ultimate goal was 6,000).
- Ask patients if they used skills learned in last session to ask for support from others for lifestyle changes.

C. Managing Stress

- Ask patients how much stress they are experiencing currently. Ask them to identify what stressors they have. (Record on handout.) Example may include caring for ill parents, feeling overwhelmed at work, or worrying about finances.
- Explain the importance of stress management.

- *When you have difficulty managing the stress in your life, it can be difficult to eat a healthy diet and be active. Making successful lifestyle changes requires good stress management skills.*
- *The lifestyle changes you are making also may increase your stress in some ways. For example, you may feel more pressured for a time because you now set aside an hour each evening to prepare and eat a healthy dinner.*
- *To help you, we are going to discuss four key stress management skills today.*
- Skill 1: Plan ahead. Encourage patients to:
 - Plan meals with a weekly menu and shop for groceries accordingly.
 - Create a schedule of physical activity that they stick to like any other appointment.
 - Anticipate events and tasks that they have in the upcoming week or month and prepare for them as necessary.
- Skill 2: Practice saying no. Encourage patients to:
 - Decline to participate in or help with tasks or events that are not important to them. This will help with time management.
 - Practice turning down food or drinks that are not part of their healthy diet.
 - Reassure patients that the more often they practice these skills, the easier they will become.
- Skill 3: Problem solve. Encourage patients to:
 - Use their problem solving skills when they feel overwhelmed.
 - Identify the problem
 - Brainstorm solution
 - Choose a solution
 - Formulate an action plan
 - Evaluate how it works
- Skill 4: Pass along some work to others. Encourage patients to:
 - Ask others for help with lifestyle changes, as discussed in last session. Family and friends can shop for groceries, cook, or babysit.
 - Ask for help on other tasks at home, at work, and in other settings. Asking for help is important for managing stress.
- Have patients select one new way of managing stress to try this month. (Record on handout.)

D. Strength Training

- Introduce strength training to patients. Explain that it has many benefits for weight control, health, and quality of life. (Review benefits page 1 of strength training packet.)
- Explain that the strength training packet contains instructions about how to do strength training at home. Patients do not need to go to a gym or purchase special equipment to do this program. Patients should read this packet and begin doing some strength training exercises in the next month. Patients who do not enjoy doing this program may choose not to.
- Provide patients with a resistance band, which can be used for some exercises, as shown in the packet.

E. Skill Builder (Refer to handout.)

- Record food intake for next 2 weeks. Total calories for the day and for the week.
- Exercise at least 5 times per week, for a total of 125 minutes per week (about 25 minutes per bout).
 - Note that their physical activity goal will now increase every other session.
- Try some strength training exercises as instructed in the packet.
- For each week, record minutes of activity for the day and for the week.
- Wear pedometer, record steps, and aim for 6,500 steps per day by the end of the month.
- Try one new method of managing stress.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #11, Week 18

A. Check-In



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |

B. Review Food Journals

Let's review your food journals. How consistent was your recording in the past month? Let's make a plan if you are finding it challenging.



| | |
|--|----------|
| Weekly calorie totals since your last visit | Week 16: |
| | Week 17: |
| Approximate calories per day for past week | |
| Total minutes of physical activity for past week | |
| Average pedometer steps/day for past week | |

Did you meet your physical activity goals?

- ☐ Exercise 5 days/week for at least 125 minutes per week
- ☐ Wear your pedometer every day and average 6,000 steps per day



Did you use skills learned in last session to ask for support from others for lifestyle changes? If so, who did you ask for support?

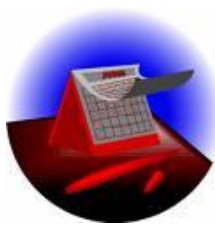
C. Stress Management

How much stress are you experiencing right now? What stressors do you have?

When you have difficulty managing the stress in your life, it can be challenging to eat a healthy diet and be active. Making successful lifestyle changes requires good stress management skills.

The lifestyle changes you are making also may increase your stress in some ways. For example, you may feel more pressured for time because you now set aside an hour each evening to prepare and eat a healthy dinner.

Today we are going to discuss four key stress management skills:



Plan ahead. Plan your meals with a weekly menu and shop for groceries accordingly. Create a schedule of physical activity that you stick to like any other appointment. Anticipate other events and tasks that you have in the upcoming week or month and prepare for them as necessary.



Practice saying “no.” The more you get in the habit of saying “no” to others when they offer you food or drinks that are not part of your healthy diet, the easier it will become. To manage your time, decline to participate in tasks or events that are not important to you.



Problem solve. When you feel overwhelmed, use your problem solving skills. Identify what is making you feel stressed, brainstorm solutions, choose a solution, formulate an action plan, and evaluate how it works.



Pass along some work to others. As we discussed last week, it is important to ask for help with your lifestyle changes. Others can shop for groceries, cook, or babysit to help you. Asking family, friends, and co-workers for help on other tasks also is important for managing stress.

Choose one new way of managing your stress to try this month:

D. Strength training

Let's take a look at a packet you can take home with you about how to do strength training.

Strength training is a special type of exercise that has many benefits for weight control, health, and quality of life. This packet contains instructions about how to do strength training at home. You do not need to go to a gym or purchase special equipment to do this program!

Read this packet and begin doing some strength training exercises in the next month.

E. Skill Builder



- **Review Session 11 handouts.**
- **Record food intake for next 2 weeks.**
- For each week, total your calories for the day and for the week.
- **Engage in physical activity at least 5 times a week, for a total of at least 125 minutes per week (about 25 minutes per bout).**
- Record your daily minutes of activity and determine your weekly total.
- **Try some strength training exercises**, as instructed in your packet.
- Wear your step tracker and record your daily steps. **Aim for 6,500 steps per day by the end of the month.**
- **Try one new method of managing stress.**
- **Record weight once per week in food journals and Weight Tracker sheet.**

Your next appointment is: _____

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #12, Week 20 Talk Back to Negative Thoughts

Agenda

In Visit #12, patients will:

- Review food and activity records since Visit #11
- Learn to identify negative thoughts
- Learn strategies for responding to negative thoughts

Materials for meeting

- Food journals (2)
- Visit #12 patient handout

A. Welcome and Weigh-In

- Measure and record weight, blood pressure, and pulse. *Your weight today is _____ pounds.*
- Review patients' weight change to date and ask if they are pleased with their progress.
 - Congratulate patients who are satisfied with their weight change.
 - Provide encouragement to patients who are disappointed and discuss any problems. Long-term weight control is challenging, but this program can help.

B. Review Food Journals

- Review food journals to determine:
 - Determine the number of days records were kept for past week.
 - Determine total calories per week for each of last 2 weeks.
 - Determine approximate calories per day for past week.
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (125 total minutes, e.g., 5 times a week for at least 25 minutes each time).
- Ask patients if they used any new stress management skills after last session. Determine if it was useful.

C. Talking Back to Negative Thoughts

- *Today we are going to talk about how negative thoughts can undermine weight loss efforts.*
 - *Negative thoughts can be self-defeating. They can trigger negative emotions and make you feel upset. For example, having the thought "I have no willpower, I will never lose the weight I want" might make you feel discouraged and hopeless.*
 - *Negative thoughts also can lead to negative changes in your behavior. For example, those thoughts and emotions might prompt you to abandon your healthy eating goals.*

- *The good news is that you can learn to identify these thoughts and have more positive responses to them. Let's review this chart. (Refer to handout.)*
- Using the chart, review each example of negative thinking, the negative emotions and behaviors the thought can trigger, the positive thought that is an alternative, and the positive emotions and behaviors that thought can trigger.
- After reviewing chart, ask patients to identify a negative thought they experience. (Record negative thought on handout under "Your Own Thoughts.") Ask patients to reframe that thought into a more rational (realistic) thought. (Record rational thought on handout.) Patients should try to be more aware of negative thoughts in the next month and work on having more rational responses to them. Instruct patients to use the chart on their handout in the next month to continue recording negative thoughts and rational responses.

D. Skill Builder (Refer to handout.)

- Record food intake for next 2 weeks. Total calories for the day and for the week.
- Exercise at least 5 times per week, 30 minutes each time, for a total of 150 minutes per week. (*Note that this is an increase from previous goal*)
- For each week, record minutes of activity for the day and for the week.
- Be more aware of patterns of negative thinking and have more rational responses to them.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #12, Week 20

A. Check-In



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |

B. Review Food Journals

Let's review your food journals. How consistent was your recording in the past month? Let's make a plan if you are finding it challenging.

What were your calorie totals for each of the weeks since your last visit?

Week 18: _____ Week 19: _____

Approximately how many calories per day did you eat in the past week? _____

Did you meet your physical activity goals? _____

Exercise 5 days/week for 25 minutes each time, totaling at least 125 minutes per week



Did you try a new stress management skill last month? How did it go?

Congratulations if you succeeded in meeting your eating and physical activity goals.

C. Talking Back to Negative Thoughts

Negative thoughts can trigger upsetting feelings. Negative thoughts also can undermine your weight loss efforts and be self-defeating: If you don't think positively, it can be hard to meet your goals. Today we will work on identifying negative thoughts and having more rational responses to them.

| Some Examples | | | |
|---|--|---|--|
| Negative Thought | Negative Response | Rational Thought | Rational Response |
| “This program isn’t working anymore.” | Feeling defeated, having a sense of failure, and giving up on goals | “Although losing weight feels difficult right now, it is natural to face obstacles and have weight plateaus.” | Feeling encouraged, recognizing that having periodic struggles with weight is normal, and recommitting to tackling obstacles |
| “With my terrible habits, I will never lose weight.” | Feeling self-doubt, being self-critical, focusing on challenges instead of on making a plan for change | “Long-lasting change is a slow process and I am already making a lot of progress.” | Feeling confident, recognizing successes, focusing on the path of change ahead |
| “I totally blew my diet by having that big bag of potato chips this afternoon.” | Feeling guilty, losing sight of the bigger picture, deciding to “throw in the towel” and go off of the diet completely | “One slip won’t reverse the hard work I have been doing the rest of the time.” | Feeling optimistic, recognizing successes (not just failures), getting back on track |

| Your Own Thoughts | |
|-------------------|-------------------|
| Negative Thought | Rational Response |
| | |
| | |
| | |
| | |

In the next month, try to be more aware of negative thoughts and have more rational responses to them. Record your negative thoughts and new, rational responses on the “Your Own Thoughts” chart.

D. Skill Builder



- **Record food intake for next 2 weeks.**
- For each week, total your calories for the day and for the week.
- **Engage in physical activity for five, 30-minute bouts per week.**
- Record your daily minutes of activity and determine your weekly total (with a goal of 150 minutes). Walking counts towards your step goal.
- **Be more aware of negative thought patterns and have more rational responses to them.**
- **Record weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit # 13, Week 22 The Slippery Slope of Lifestyle Change

Agenda

In Visit #13, patients will:

- Review food and activity records since Visit #12
- Learn the difference between slips and relapse
- Learn strategies for responding to slips, including an action plan

Materials for meeting

- Food journals (2)
- Visit #13 patient handout

A. Welcome and Weigh-In

- Measure and record weight, pulse, and blood pressure. *Your weight today is _____ pounds.*
- Review patients' weight change to date and ask if they are pleased with their progress.
 - Congratulate patients who are satisfied with their weight change.
 - Provide encouragement to patients who are disappointed with their weight change. Long-term weight control is challenging, but this program can help.
- Remind patients that next session will mark the end of biweekly meetings in the program and that for the second half of the program, you will have monthly visits. We will talk more about the transition to monthly visits next session.
 - Explain that you still have 7 months together to work on maintaining the changes patients have made and make progress on new goals they have.

B. Review Food Journals

- Review food journals to determine:
 - Average calories per day consumed in 2 week
 - Total minutes of physical activity for past week (goal was 150 minutes)
- Ask patients if they were more aware of negative thoughts and tried new ways of responding to them since last session.

C. The Slippery Slope of Lifestyle Change

- Introduce patients to the concept of "slips."
 - *The path of lifestyle change that you are on can be slippery – you won't be successful every day. Overeating episodes, lapses in your physical activity, or small weight gains may occur. These are what I call "slips" – temporary setbacks that can be reversed. These slips are not uncommon.*
 - *The key is to learn how to respond when they occur. That is what we will talk more about today.*
- Discuss strategies for responding to slips:
 - Step one: Recognize the difference between a slip and a relapse.

- A relapse means that patients have lost their skills for healthy eating or for being active. After a long period of time, a slip can turn into a relapse, but if caught early it does not need to.
- Patients should know that they can recover from a slip, just as a golfer can recover from a bad tee shot.
- Step two: Identify triggers for the slip.
 - Patients should determine what factors made the slip likely to occur.
 - For example, a slip may have been eating three slices of pepperoni pizza for dinner. The triggers for this may have been coming home from work hungry, having no healthy food in the house for dinner, and ordering a large pepperoni pizza instead.
- Step three: Create an action plan for what to do differently in the future to prevent that type of slip.
 - In the pizza example, the individual can make a plan for: 1) eating a satisfying and healthy lunch at work each day; 2) grocery shopping regularly for healthy foods to keep at home; and 3) looking through menus and preparing a list of take-out/delivery options for dinner that are healthy.
- Step four: Adjust calorie intake if necessary.
 - Determine if the slip was likely to cause some weight gain.
 - If so, decrease caloric intake and/or increase physical activity for several days.
- Ask patients to identify a slip that they experienced recently in their eating or activity. Complete the worksheet together reviewing how they could use (or could have used) these four steps. (Refer to handout.)

D. Skill Builder (Refer to handout.)

- Record food intake for next 2 weeks. Total calories for the day and for the week.
- Exercise at least 5 times per week, 30 minutes each time, for a total of 150 minutes per week.
- For each week, record minutes of activity for the day and for the week.
- For any slips that occur in the next month, try these new strategies for responding to them.
- Record weight once per week in food journal and Weight Tracker sheet.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #13, Week 22

A. Check-In



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |

Keep up your hard work: You have nearly reached the mid-point of the program! Next session will be your last biweekly meeting. After next visit, we will continue to have monthly visits to support your weight control efforts. We will have another 7 months together to work on maintaining the changes you have made and make progress on new goals you select.

B. Review Food Journals

Let's review your food journals. How consistent was your recording in the past month? Let's make a plan if you are finding it challenging.



What were your calorie totals for each of the weeks since your last visit?

Week 20: _____ Week 21: _____

Approximately how many calories per day did you eat in the past week? _____

Did you meet your physical activity goals?

_____ Exercise 5 days/week for 30 minutes each time, totaling at least 150 minutes per week

Congratulations if you succeeded in meeting your eating and physical activity goals.

Last session we discussed negative patterns of thinking. During the past month, were you more aware of your thoughts? Did you try new ways of responding to them?

C. The Slippery Slope of Lifestyle Change



The path of lifestyle change that you are on can be slippery: some days you may not feel like you're making progress forward.

You might find yourself “slipping” by having an overeating episode, missing a morning walk, or gaining a small amount of weight.

These kinds of **slips** are not uncommon. They are all **temporary setbacks that can be reversed**. The key is to learn how to respond when they occur.

There are four steps to responding to a slip:

Step 1: Recognize the difference between a slip and a relapse.

A **relapse** means that you have **totally given up** on your efforts to improve your weight or eating and activity habits. Although a slip can turn into a relapse after a long period of time, if it is caught early enough it will not. Although it is easy to feel upset or disappointed, remember that you have the skills necessary to turn your slip around and get back on track.

Step 2: Identify triggers for the slip (also sometimes called a “lapse”).

Figure out what factors contributed to the slip. For example, someone might slip by eating three slices of pepperoni pizza for dinner. Triggers could be coming home from work hungry, having no healthy food in the house, and ordering a large pepperoni pizza for dinner.

Step 3: Make an action plan for what to do differently in the future to prevent that type of slip.

If the pizza example happened to you, you could make an action plan to:

- a) eat a satisfying and healthy lunch at work each day,
- b) grocery shop regularly for healthy foods to keep at home, and
- c) look through menus and prepare a list of take-out/delivery options for dinner that are healthy.

Step 4: Adjust your calories if necessary.

Determine if the slip was likely to cause some weight gain. If so, decrease your calorie intake and/or increase your physical activity for a few days.

Your Example

Now that we have reviewed the four steps for responding to a slip, let's think about an example of a time when you had a slip recently in your eating or activity:

Slip: _____

Step 1: Recognize the difference between a slip (temporary setback that can be reversed) and a relapse (totally giving up). _____

Step 2: Identify triggers for the slip.

Step 3: Make an action plan for what to do differently in the future to prevent that type of slip.

Step 4: Adjust your calories and/or physical activity if necessary.

D. Skill Builder



- **Record food intake for next 2 weeks.**
- For each week, total your calories for the day and for the week.
- **Engage in physical activity for five, 30-minute bouts per week (150 minutes per week).**
- Record your daily minutes of activity and determine your weekly total (with a goal of 150 minutes).
- Try out the four steps for responding to a slip the next time you have one.
- **Record weight once per week in food journal and Weight Tracker sheet.**

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit # 14, Week 24 Transitioning to Monthly Visits

Agenda

In Visit #14, patients will:

- Review food and activity records since Visit #13
- Review progress they made since beginning program
- Plan for second half of program

Materials for meeting

- Food journals (4)
- Visit #14 patient handout

A. Welcome and Weigh-In

- Weigh patient and record. *Your weight today is _____ pounds.*
 - Congratulate patients who are satisfied with their weight change.
 - Provide encouragement to patients who are disappointed and discuss any problems.
- Review patients' weight change to date and indicate that in this session you will talk more about their progress in the first 6 months of the program and goals for the second half.

B. Review Food Journals

- Review food journals to determine:
 - Average calories per day consumed in past 2 week
- Review physical activity
 - Determine number of days that physical activity was recorded for past week.
 - Determine success in meeting goal (150 total minutes, e.g., exercise 5 times a week for at least 30 minutes each time).
- Ask patients if they tried any new strategies discussed in last session for responding to slips in eating or activity.

C. Mid-Program Review

- Congratulate patients on their hard work and on completing the first 6 months of the program.
- Review patients' weight change since beginning the program and ask them how they feel about the change. (Record on handout.)
 - If patients are disappointed, provide encouragement and remind them that they have another 6 months to achieve their goals.
 - Ask patients to identify a weight goal for the second half of the program. (Record on handout.)

- Ask patients which changes they made in the first 6 months that they are most proud of. (Record on handout.)
 - If patients have difficulty identifying changes, prompt them to identify foods they added to or removed from their diet, ways they increased their lifestyle activity, self-monitoring that they did, or insight that they gained about their eating habits.
 - Congratulate patients on their successes. Praise patients for their efforts and commitment to losing weight and improving their health.
- Ask patients which goals have been most challenging to achieve. Emphasize that patients will have support for making more changes during the next half of the program.

D. Beginning Monthly Visits

- Remind patients that the program will continue for another 6 months and that you will meet with them on a monthly basis to support their weight control efforts.
- Review goals for second half of program:

Identify and process patients' emotions, such as worries, fears, or sadness, about transitioning to monthly meetings. Normalize these emotions as expected reactions to any "loss" (in the context of the study, the principal "loss" is that of group support). Reframe the transition as an opportunity for patients to practice weight control independently, which will increase their ability to manage their weight on their own when the study ends. Remind patients that they have already successfully made this type of transition when they shifted from weekly to bi-weekly meetings. Remind patients to look out for common pitfalls (such as thoughts that slacking off won't matter) and to use their weekly review to keep themselves on track every week.

- In the next 6 months, patients should continue to record their eating and activity regularly.
 - Research suggests that people who record every day have the best results.
 - However, patients should be allowed to record less frequently if they wish.
 - Patients should specify what and when they will record. (Examples of goals for tracking eating are to record dinner and after-dinner intake each day or record all intake during the first week of every month. Examples of goals for tracking physical activity are to record only pedometer steps, record only bouts of activity, or record only on weekends.)
 - Identify a recording goal that is acceptable to patient for monthly visits and discuss strategies for meeting the goal (e.g., keep Food journal on kitchen counter). (Record on handout.)
- In the next 6 months, patients should continue to limit calorie intake to a level needed for weight loss maintenance (or additional weight loss, if patients desire it).
 - Identify a calorie goal that is appropriate for the patient for the second half of the program.
 - In many cases, this will be the same goal patients had at the start of the program: 1200-1500 calories a day if weight is <250lb; 1500-1800 calories a day if weight is ≥ 250 lb. If the patient is losing

weight and wishes to stop, calories should be increased by 100 per week until weight stabilizes.

- Discuss strategies for meeting the goal. (Record on handout.)
 - Limiting restaurant eating (especially fast food) helps with long-term weight control and will make it easier to meet calorie goals. Patients might aim to eat no more than three meals per week from restaurants or fast food outlets.
 - Following a regular pattern of eating three meals and two small snacks per day also helps with long-term weight control. Patients who do not eat breakfast regularly should begin to do so.
- In the 6 months, patients should continue being physically active.
 - If patients have not yet reached the goal of 150 minutes of activity per week, they should continue working towards that goal.
 - If they have reached that goal, they should be encouraged to increase it further (e.g., to 180 minutes per week).
- Patients should weigh themselves at home at least once a week, if not daily.
 - Daily weight monitoring has been shown to help with weight control. The scale will give the patient important information about whether adjustments in their weight control behaviors are needed. Patients should use the scale daily to give them feedback the same way a patient with diabetes would use a glucose monitor every day.
 - Patients should graph their weight daily on the Weight Tracker sheet. (Patients will get a new, blank Weight Tracker graph each month.)
 - Help the patients choose a Warning Weight that they mark in red ink on their Weight Tracker graph. (Record on Weight Tracker.) This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached and sustained for a week, it is a clear sign that immediate action needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity).
 - Patients also will continue to weigh-in at their monthly clinic visit.
 - Determine if this weight monitoring goal is acceptable to the patient and discuss strategies for meeting the goal (e.g., write a note to self as a reminder to do daily weighing). (Record on handout.)

E. Skill Builder (Refer to handout.)

- Review session 14 handouts
- Record food intake and physical activity (daily if possible, less if patient prefers).
- Limit calorie intake to prescribed goal.
- Exercise at for a total of 180 minutes per week (e.g., 5 times per week, 35 minutes each time).
- Record weight daily on Weight Tracker. Take action if you reach your Warning Weight.
- Review list of goals and strategies transitioning to monthly meetings
- Schedule next appointment.

Reminder to Lifestyle Coaches Re: Food Journals:

Some patients may wish to stop keeping food journals at this point in the program (if they haven't already). Encourage all participants to continue to keep food journals for the entire year of the program. Previous studies have shown that the more records participants keep, the more weight they lose. You may need to negotiate with some participants, either by decreasing the number of days they record each week (i.e., "Perhaps you should just record on Friday, Saturday, and Sunday, which are your higher calorie days") or decreasing the number of meals they record each day ("Perhaps you could just record what you eat from 6 p.m. on"). **While it is important for participants to keep recording, we don't want them to feel overly burdened by this requirement.**

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #14, Week 24

A. Check-In

| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



B. Review Food Journals

Let's review your food journals. How consistent was your recording in the past month? Let's make a plan if you are finding it challenging.

What were your calorie totals for each of the weeks since your last visit?

Week 22: _____ Week 23: _____

Approximately how many calories per day did you eat in the past week? _____

Did you meet your physical activity goals?

_____ Exercise 5 days/week for 30 minutes each time, totaling at least 150 minutes per week

Congratulations if you succeeded in meeting your eating and physical activity goals.

C. Looking Back on The First Half of the Program

You have completed the first half of this lifestyle change program! You should be proud of yourself for your commitment to improving your health. Congratulations on your success!

Let's look again at the total amount your weight has changed since you began the program:
_____ lbs. How do you feel about your weight change?

What is your weight goal for the second half of the program? _____



Your Successes

You made many changes in the 6 months. Which are you most proud of?

We can work together in the next 6 months to make even more progress on your goals.

D. Beginning Monthly Visits

You may feel apprehensive about transitioning to monthly meetings. Remember the skills you used to successfully transition from weekly to bi-weekly meetings as you go through this process:

- Keep yourself accountable by performing your own Check-in during the off weeks!
- Remember to counter negative and counter-productive thoughts! It's typical to think:

“I'm not getting weighed until next month; I can slack off this week.”

... what are the dangers of this sort of thinking?

Our program will continue for another 6 months. We will meet on a monthly basis.

| Goals for Monthly Visits | | |
|--------------------------|---|--------------------------------|
| Area | Recommendation | My Goal and Keys to Meeting It |
| Recording | Record your eating and activity behaviors regularly. Typically, participants who record every day have the best results. You may choose to record less frequently in some circumstances. | |
| Calorie Intake | Limit your calorie intake so that you maintain your weight loss or lose more weight. We can discuss if you need to adjust your calorie goal. Limiting eating out, and following a regular meal pattern (including breakfast) can help. | |
| Physical Activity | Continue being physically active. If you have not yet reached 150 minutes of activity per week, keep working towards that goal. If you have, begin to increase your goal (e.g., to 180 minutes of activity per week). | |
| Weight Monitoring | Weigh yourself at home daily and record the weight on the Weight Tracker graph. Take action if you reach your Warning Weight. | |
| Misc. | Think about any other specific changes you can make in your behavior that will help your weight control. | |

E. Skill Builder



- Review session 14 handouts
- Record food intake and physical activity regularly.
- **Limit calorie intake** to prescribed goal.
- **Engage in physical activity for 180 minutes per week (about 35 minutes on 5 days per week).**
- **Record weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.**
- Review the list of any additional goals you made for rest of the program and work on those in the next month.

Your next appointment is: _____

[illegible]

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept a food journal this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #15, Week 28 The Ins and Outs of Energy Balance

Agenda

In Visit #15, patients will:

- Review progress towards goals since Visit #14
- Discuss the importance of calorie intake and calorie expenditure for maintaining weight loss (or losing more weight)
- Stepping up Physical Activity
- Learn skills for accurate calorie counting

Materials for meeting

- Food journals (4)
- Visit #15 patient handout
- Weight Tracker graph

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record. *Your weight today is _____ pounds.*
 - Congratulate patients who are satisfied with their weight change.
 - Provide encouragement to patients who are disappointed, and discuss any problems.
- Review patients' weight change to date.
- Examine patients' Weight Tracker for past month.
 - Discuss the patient's adjustment to monthly visits. What strategies did they use to keep themselves accountable in between meetings? Did they conduct weekly progress reviews (e.g., weight, keeping track, average calories, physical activity)?
 - Congratulate patients who were successful at recording weight each week. If patients did not journal regularly, remind them that this is a key behavior for success, and identify their barriers for daily weight monitoring.
 - Congratulate patients for weight maintenance (or weight loss) if they stayed below Warning Weight. Review steps that were taken if patients reached Warning Weight.
 - Discuss weight gain, as appropriate. (Refer to textbox at end of session guide for guidance on responding to weight gain.)
 - Provide patients with a new Weight Tracker for the next month. Determine if a new Warning Weight needs to be set. This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached, it is a clear sign that immediate action

needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity).

B. Review Food Journals

- Ask patients how often they are recording their intake and physical activity. If they are not journaling every day, make a plan for when they will journal in the next month. For instance, some patients may agree to record dinner and after-dinner eating each day. Other patients may agree to record all intake and physical activity for the week prior to their monthly office visit
 - **Note to Lifestyle Coaches about Food Journals:** Some patients may wish to stop keeping food journals at this point in the program (if they haven't already). Encourage all participants to continue to keep food journals for the entire program. Previous studies have shown that the more journals participants keep, the more weight they lose. You may need to negotiate with some participants, either by decreasing the number of days they record each week (i.e., "Perhaps you should just record on Friday, Saturday, and Sunday, which are your higher calorie days") or decreasing the number of meals they record each day ("Perhaps you could just record what you eat from 6 p.m. on"). While it is important for participants to keep journaling, we don't want them to feel overly burdened by this requirement.
- Review success in:
 - Keeping journals of eating and activity
 - Limiting calories to assigned goal
 - Exercising a total of 175 minutes per week (e.g., 5 times a week for at least 30-45 minutes each time)
- Ask patients if they tried any new strategies to limit their calorie intake, such as limiting restaurant and fast food eating or following a regular meal pattern (including eating breakfast)

C. Calories and Energy Balance Review

- Explain to patients that how much weight someone loses, how quickly they lose it, and how successful they are at keeping weight off depends on their energy balance.
- Review how energy balance works.
 - *Energy balance is based on the energy you take in and the energy you burn.*
 - *Energy intake has one source: the food and beverages you consume.*
 - *Energy gets burned in three ways.*
 - *Your body burns energy just to sustain life; even if you were to stay in your bed all day and do no activity, you would burn calories by keeping your heart pumping and your body warm.*
 - *Your body burns energy doing daily activities like washing the dishes or typing on your keyboard.*
 - *Your body burns energy doing exercise, like going for a brisk walk or swimming.*

- Energy balance is the key to determining weight:
 - If patients take in more energy than they burn, they will gain weight.
 - If patients take in less energy than they burn, they will lose weight.
 - If patients take in the same amount of energy that they burn, they will neither lose nor gain weight. Their weight stays the same.
- Acknowledge that patients hear a lot of information from television, magazines and friends about how weight loss works and that sometimes all of that information can make it confusing to know where to focus their weight control efforts. We recommend that patients stay focused on limiting calorie intake and engaging in a high amount of physical activity. This energy balance equation may seem simple to patients but the science behind it is sound.

D. Improving your Calorie Counting

- Explain to patients that to have control over their energy balance, they need to have accurate information about their energy intake and energy output. Estimating energy intake is especially challenging.
- Ask patients how well they think their food journals reflect their daily food intake. (Record on handout.)
- Indicate that most people concerned about their weight, even those who know a lot about nutrition, underestimate their calorie intake. People tend to report less food intake than they are actually eating because:
 - They are embarrassed about writing down some of the foods they eat.
 - They often don't have a good idea of what a "portion" or "serving size" is.
 - They don't record their food intake as soon as they finish eating something.
 - They simply forget to record some items.
 - They leave out some details (food preparation methods, condiments, etc.).
- Discuss the reasons why accurate estimation of calorie intake is important.
 - It will help patients make good decisions about what to eat.
 - Patients can include higher calorie foods in their diet on occasion if they have an accurate idea of when they have room for those extra calories.
 - Unless they know the correct balance in the calorie budget, they can easily "overspend" calories and end up gaining weight.
 - Underestimating can make patients feel deprived or hopeless.
 - Greater accuracy will help patients know just what they can eat and still maintain a healthier weight.
- Review methods for keeping track of calories more accurately. Recommend that patients:
 - Look up portion sizes and measure all the foods they eat until they know what a portion of each food is. Check portion size estimates regularly.

- Always keep their food journal with them, and record what they eat as soon as they finish eating.
- Each time they write something down, think back to see if they ate something since they last recorded that they forgot to write down- and write it down now.
- Remember to add in sources of “hidden” calories (the oil used in cooking, mayonnaise on a sandwich, sugar in coffee, etc.)

Keep in mind that although it can feel embarrassing or painful to acknowledge an overeating episode, failing to write it down will only make success more difficult. Knowledge about exactly how much they ate is powerful!

E. Stepping up Physical Activity

- Remind participants the importance of physical activity during weight loss and weight maintenance. Discuss tracking structured activity.
- Emphasize the importance of increasing and keeping up with the lifestyle and structured physical activity goals during this program
- Discuss the benefits of step counting.
 - Explain that the amount of walking we do in a day is a good index of how much lifestyle activity we are getting. Pedometers count each step a person takes during the day. The number of steps is displayed on the screen. Monitoring this number provides valuable information about lifestyle activity.
 - You don’t need to buy an expensive tracker to be able to count your steps.
 - Many smartphones, including iPhones and Androids, have applications that automatically count your steps. If you decide to use this method, make sure you are holding or wearing your smartphone so it can count all of your steps.
 - You can also get an inexpensive pedometer online or at a local store.
 - Instruct patients to use a step tracker to count their steps for the next two weeks.
 - They should put on the pedometer upon waking and wear it all day.
 - At the end of the day, patients should record number of steps taken in their food journal. Traditional pedometers should be reset to zero each morning.
- Direct patients to choose two of the strategies listed below (and on their handout) to use in the next month for increasing their number of steps per day. (Record on handout.)
 - Take several 5-10-minute walks during the day. Schedule a 5-minute break from your desk every hour.
 - Choose the farthest entrance to a building when entering.
 - Host “walking meetings” at work.
 - Walk to a restroom, water cooler, or copy machine on a different floor at work.
 - Walk during lunch break.
 - Park farther away in parking lots.
 - Get off the bus or train earlier and walk farther to the destination.
 - Take the stairs rather than the elevator or the escalator.
 - Start a walking club with co-workers or neighbors.
 - Walk - don’t drive - for trips less than one mile.
 - Take an after-dinner walk with family.
 - Go for a walk while talking on a wireless phone.

- Walk the dog more often.
- If staying indoors is preferable because of the weather, try walking in a shopping mall or doing laps around a large store.
- Purchase a treadmill to use at home.
- Schedule time for walking every week and stick to it like any other appointment.
- Or think of another strategy: _____
- Provide patients with step goal: *During the next two weeks, aim for 5,000 or more steps per day. Each week you will increase your daily step goal by 250 so that you will reach an average of 10,000 steps per day by week 48. Ten thousand steps is equal to walking 4 to 5 miles.*

F. Skill Builder (Refer to handout.)

- Review handouts
- Record food intake (aim to be especially accurate this month) and physical activity regularly.
- Limit calorie intake to prescribed goal.
- Exercise at least 175 minutes per week (e.g., 5 times per week, 30-45 minutes each time).
- Record weight daily on Weight Tracker. Take action if you reach your Warning Weight.
- Wear a step tracker each day, record number of steps taken each day, and use two strategies for increasing lifestyle activity
- Schedule next appointment.

Note to Lifestyle Coaches Re: Weight Gain:

Some patients may be gaining weight at this point in the program. **If patients are gaining weight, encourage them to “Go Back to Basics” and make an effort for the next month to reverse some of their weight gain.** Encourage patients to do the following:

- Commit to a calorie goal that will produce weight loss. (For most patients, this will be 1200 or 1500 calories per day).
- Keep daily food journals to monitor calorie intake.
- Plan healthy meals and snacks; have healthy foods readily available and remove high-calorie foods from the home.
- Regularly record their weight at home to track their weight loss progress.

Provide patients with support. Explain that weight gain at this point in the program is common but that it can be readily reversed

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #15, Week 28

A. Check-In



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. Did you weigh yourself and record your weight every week? _____

Do we need to adjust your **Warning Weight**? _____

B. Review Food Journals

Let's review last month's food journals to examine your progress towards your goals.

| Goal | My Progress |
|---|-------------|
| Record eating and activity behaviors regularly. | |
| Limit calorie intake. Limit eating out and follow a regular meal pattern (including breakfast). | |
| Continue being physically active. If you have not yet reached 175 minutes of activity per week, keep working towards that goal. If you have, maintain that level of activity or increase it. | |

C. Calories and Energy Balance Review



Energy balance is based on two things:

- 1) The energy you take in from the food and beverages you consume.
- 2) The energy you burn from physical activity and the normal functioning and movement of your body.

If energy intake is more than the energy you burn, you will gain weight. If energy intake is less than the energy you burn, you will lose weight. If energy intake is the same as the energy you burn, you will neither lose nor gain weight. Your weight stays the same.

There is a lot of information you hear from television, magazines and friends about how weight loss works. Sometimes all of that information can make it confusing to know where to focus your weight control efforts. We recommend that you **stay focused on limiting your calorie intake and getting a lot of physical activity**. This energy balance equation may seem simple but it works!

D. Improving your Calorie Counting

How well do you think your Food journals reflect your daily food intake?
(Circle one answer below.)

- A. I think I record somewhat more food than I really eat.
- B. I think my Keeping Track records are pretty accurate.
- C. I think my Keeping Track records miss a little of the food I eat (100-300 calories/day).
- D. I think my Keeping Track records miss a lot of the food I eat (more than 300 calories/day).

For most people concerned about their weight, the correct answer is “D.” Even people who know a lot about nutrition underestimate their calorie intake!

Your calorie intake estimates need to be accurate so that you can make informed decisions about your energy balance equation.

How can you keep track of your calories more accurately?



- Look up portion sizes and measure your food. Check your portion size estimates regularly.
- Always keep your Food journal with you and record what you eat as soon as you finish eating.



- Each time you write something down, think back to see if you ate something since you last recorded that you forgot to write down- and write it down now.



- Remember to add in “hidden” calories (the oil used in cooking, mayonnaise on a sandwich, sugar in coffee, etc.)
- Keep in mind that although it can feel embarrassing or painful to acknowledge an overeating episode, failing to write it down will only make success more difficult. Knowledge about exactly how much you ate is powerful!

E. Stepping up Physical Activity

Lifestyle activity consists of all the activities that burn calories during the course of a normal day. Using the stairs, washing the dishes, or even getting up to turn off the television are all examples of lifestyle activity.

All activities, no matter how small, burn calories. Increasing lifestyle activity can help with weight control, so building physical activity into your everyday routine is important.

A **pedometer** is a tool that can help you track how much lifestyle activity you are getting. It can help you stay active. A pedometer counts each step you take and displays your total steps on the screen.



Many smartphones, including iPhones and Androids, have applications that automatically count your steps. If you decide to use this method, make sure you are holding or wearing your smartphone so it can count all of your steps.

During the next 2 weeks, aim for 5,000 or more steps per day. Each week you will increase your daily step goal by 250 so that you will reach an average of 10,000 steps per day by week 48 (equal to walking 4 to 5 miles).

Start making more active choices in your routine in order to increase the amount of walking you do each day. As your number of steps increases, you will know that you are making more active choices.

Choose a few of the strategies listed below.

Use these in the next month to increase your activity per day. Put a check mark next to the strategies you will try.

- ☐ Take several 5-10-minute walks during the day.
- ☐ Choose the farthest entrance to a building that you are entering.
- ☐ Host “walking meetings” at work.
- ☐ Walk around your house while talking on the phone.
- ☐ Walk to a restroom, water cooler, or copy machine on a different floor at work.
- ☐ Walk down the hall to contact co-workers face-to-face.
- ☐ Walk during your lunch break.
- ☐ Park farther away in parking lots.
- ☐ Retrieve items yourself, rather than asking others.
- ☐ Get off the bus or train earlier and walk farther to your destination.
- ☐ Take the stairs rather than the elevator or the escalator.
- ☐ Start a walking club with co-workers or neighbors.
- ☐ Walk - don't drive - for trips less than one mile.
- ☐ Take an after-dinner walk with family.
- ☐ Go for a walk while talking on your wireless phone.
- ☐ Walk the dog more often.
- ☐ If you prefer to stay indoors because of the weather, try walking in a shopping mall or doing laps around a large store.
- ☐ Schedule time for walking every week and stick to it like any other appointment.

Or think of your own strategy: _____

F. Skill Builder



- **Review session handouts**
- Record food intake and physical activity regularly. Use strategies to make your calorie intake estimates more accurate this month.
- Limit calorie intake to prescribed goal.
- Engage in physical activity for 175 minutes per week (for example, five, 30-45 minute bouts per week).
- Record weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.
- **Wear a pedometer or use your smartphone or a step tracker to track your daily steps for at least the next 2 weeks. Record your daily steps in the food journal. Aim for 5,000 steps per day.**
- Use two strategies to **increase your lifestyle activity**.

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept food journals this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

| Weight Tracker | | |
|-----------------|--------------|------|
| | Clinic Visit | Home |
| Screening Visit | lbs. | lbs. |
| Week 28 | | |
| Week 29 | | |
| Week 30 | | |
| Week 31 | | |
| Week 32 | | |
| Week 33 | | |
| Week 34 | | |
| Week 35 | | |
| Week 36 | | |
| Week 37 | | |
| Week 38 | | |
| Week 39 | | |
| Week 40 | | |
| Week 41 | | |
| Week 42 | | |
| Week 43 | | |
| Week 44 | | |
| Week 45 | | |
| Week 46 | | |
| Week 47 | | |
| Week 48 | | |
| Week 48 | | |
| Week 50 | | |
| Week 51 | | |
| Week 52 | | |

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #16, Week 32 Structuring Eating for Success

Agenda

In Visit #16, patients will:

- Review progress towards goals since Visit #15
- Review the importance of structured eating
- Learn strategies for increasing the amount of structure in their diet

Materials for meeting

- Food journals (4)
- Visit #16 patient handout
- Weight Tracker graph

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record. *Your weight today is _____ pounds.* Review patient's weight change to date.
- Examine patients' Weight Tracker for past month.
 - Congratulate patients who were successful at recording weight each day. If patients did not record daily, remind them that this is a key behavior for success, and identify their barriers to daily weight monitoring.
 - Congratulate patients for weight maintenance (or weight loss) if they stayed below Warning Weight. Review steps that were taken if patients reached Warning Weight.
 - Provide patients with a new Weight Tracker for the next month. Determine if a new Warning Weight needs to be set. This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached, it is a clear sign that immediate action needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity).

B. Review Food journal

- Review success in:
 - Recording of eating and activity
 - Limiting calories to assigned goal
 - Exercising a total of 175 minutes per week (5 times a week for at least 30-45 minutes per bout).
 - Wearing a step tracker each day (if successful, review number of steps; goal was >5000 steps). If patient is using a step tracker, recommend increasing goal by 250 steps per week, such that goal will be 6,000 steps by their next session.

- Implementing two strategies for increasing lifestyle activity
- Remember that patients may have agreed to different schedules for monitoring their eating and activity habits. Some may have elected to monitor only a couple of days a week.

C. The Importance of Structured Eating

- Introduce the concept of structured eating to patients. Explain that research has shown that three key characteristics of available foods influence how much we eat:
 - Portion size: Portion size is the amount of food you are served or choose to serve yourself. When the portion of an available food is larger, we eat more than if it is smaller. For instance, if patients decide to eat pretzels for a snack and the bag they are eating from contains 50 pretzels, they will likely eat more than if the bag has 10 pretzels in it.
 - Palatability: Palatability is another word for how tasty a food is. The tastier food is, the more we eat of it. If patients are given the choice of eating chocolate or vanilla ice cream and chocolate is your favorite flavor, you will probably eat more chocolate ice cream than you would vanilla.
 - Variety: When we have less variety in a meal, we typically eat less than if more types of food are served as part of the meal. If patients make a dinner that consists of only fish, rice, and zucchini, they will likely eat less than if they make a dinner that consists of fish, rice, zucchini, green beans, and potatoes.
- Discuss how the ways in which we eat often make it difficult to limit calorie intake. The portion sizes of foods are much larger than they were years ago. Palatable foods are often readily available, and the variety of available foods is large. For these reasons, many experts now refer to a “toxic food environment” because it makes weight control so difficult.
- Explain to patients that increasing the amount of structure in the diet is an important part of long-term weight control. Meals and snacks can be structured so that patients control the portion size, palatability, and variety of the foods they are exposed to. By doing so, they can make over-consumption less likely.

D. Strategies for Structured Eating

- Review strategies that patients can use to increase the structure of their diet:
 - Limit exposure to unstructured eating situations, such as all-you-can-eat buffets. Restaurants, parties, and social events in general are often challenging. If patients find themselves in an unstructured eating environment or at a buffet, they should limit food choices to two food items. Patients should make a plan for these events, such as finding out what foods will be available and deciding ahead of time what they will eat. For some events, patients can consider eating at home before they go and consuming only diet- or no-calorie-beverages at the event.

- Create a weekly meal plan. A structured meal plan defines exactly what foods, and what food portions, to eat. Patients can consider doing this for all meals and snacks or for those that are most challenging (for example, dinner).
 - Purchase foods that are already structured. Options include frozen dinners or cans of soup. Patients can buy single-serving packages of food or make their own with Tupperware or baggies.
 - Avoid purchasing high-calorie foods that will be tempting to eat. If tempting foods are not available in patients' homes, it will be much easier for them to control intake of these foods. If patients feel they must buy a high-calorie food for a special occasion, they can consider buying items that they will find least tempting (e.g., a lemon birthday cake if they do not like lemon flavors).
 - Reduce the available variety of tempting foods. For example, if patients eat a small serving of ice cream for an occasional treat, they should stick to just one flavor, rather than having a taste of several types.
- Ask patients to identify a strategy they would like to try this month to increase the structure of their eating. (Record on handout.)

E. Skill Builder (Refer to handout.)

- Record food intake and physical activity regularly (as agreed upon).
- Limit calorie intake to prescribed goal.
- Try one new strategy to increase the structure of eating.
- Exercise for a total of 175 minutes per week (e.g., 5 times per week, 30-45 minutes each time).
- Wear pedometer daily and aim for 6,000 steps per day.
- Record weight daily on Weight Tracker. Take action if Warning Weight is reached.
- Schedule next appointment.

Note to Lifestyle Coaches: Some patients may wish to stop keeping food journals at this point in the program (if they haven't already). Encourage all participants to continue to keep food journals for the entire program. Previous studies have shown that the more journals participants keep, the more weight they lose. You may need to negotiate with some participants, either by decreasing the number of days they record each week (i.e., "Perhaps you should just journal on Friday, Saturday, and Sunday, which are your higher calorie days") or decreasing the number of meals they record each day ("Perhaps you could just record what you eat from 6 p.m. on"). While it is important for participants to keep journaling, we don't want them to feel overly burdened by this requirement.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #16, Week 32

A. Check-In



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. How many days did you weigh yourself and record your weight? ____
Did you need to increase your weight control efforts in response to your **Warning Weight**? ____

B. Review Food Journals

Let's review last month's food journals. How often did you record your food intake and physical activity? _____

Let's review estimates of your:



| | |
|---------------------------------------|--|
| Calorie intake per day | |
| Minutes of physical activity per week | |
| Pedometer steps per day | |

Last month you started wearing a pedometer and also chose two new ways of Stepping it Up. How did it go? _____

C. The Importance of Structured Eating

What makes us eat the way we do? Many factors influence our eating habits. Today, we will focus on three factors that influence how much we eat:



Portion size: Portion size is the amount of food you are served or choose to serve yourself. When the portion of an available food is larger, we eat more than if it is smaller. If you decide to have a few pretzels for a snack and the bag you are eating from contains 50 pretzels, you will likely eat more than if the bag has 10 pretzels in it.



Palatability: Palatability is another word for how tasty a food is. The tastier a food is, the more we eat of it. If you are given the choice of eating vanilla or chocolate ice cream and chocolate is your favorite flavor, you will probably eat more chocolate ice cream than you would vanilla.



Variety: When we have more variety in a meal, we typically eat more. If you make only fish, rice, and zucchini for dinner (3 items), you will likely eat fewer calories than if you make a dinner that consists of fish, rice, zucchini, green beans, and potatoes (5 items).

The environment we live in makes weight control very challenging. The portion sizes of foods are much larger than they were 10 years ago. Palatable foods are often readily available, and there is such a variety of foods. To combat this “toxic food” environment, structure your meals and snacks as much as possible and control the portion size, palatability (avoid your favorites), and limit the variety of foods you eat.

D. Strategies for Structured Eating

You can use several strategies to structure your eating to control what and how much you eat:

- ❖ Limit your exposure to unstructured eating situations, such as all-you-can-eat buffets. Restaurants, parties, and social events are often challenging. If you find yourself in an unstructured eating environment or at a buffet, limit your food choices to two items. Make a plan for success!
- ❖ Create a weekly meal plan. A structured meal plan defines exactly what foods, and what food portions, to eat. Consider doing this for all meals and snacks or for those that are most challenging (for example, dinner).
- ❖ Purchase foods that have pre-measured portions. Options include frozen dinners or cans of soup. Buy single-serving packages or make your own with Tupperware or baggies.
- ❖ Avoid purchasing high-calorie foods that you will be tempted to eat. Keep tempting foods out of your home, because it is easier to control eating them. If you feel you must buy a high-calorie food for a special occasion (for example, a cake for a birthday) eat the food out of the house or consider buying an item that you will find least tempting.
- ❖ Reduce the available variety of tempting foods. For example, if you eat a small serving of ice cream for an occasional treat, stick to just one flavor, rather than having a taste of several types.

What strategy would you like to try this month to increase the structure of your eating? _____

E. Skill Builder



- Record food intake and physical activity regularly.
- Limit calorie intake to prescribed goal.
- Try one new strategy to increase the structure in your eating.
- Engage in physical activity for a total of 175 minutes per week (such as for five, 30-45 minute bouts).
- Wear your pedometer daily. Increase your step goal by 250 steps each week, and aim to take 6,000 steps per day by your next meeting.
- Record weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept food journals this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

[illegible]

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #17, Week 36 Becoming a Weight Loss Maintenance Pro

Agenda

In Visit #17, patients will:

- Review progress towards goals since Visit #16
- Learn about the National Weight Control Registry (NWCR) and the behaviors that NWCR members use for weight loss maintenance
- Determine how similar their behaviors are to those of NWCR members, and develop a plan for changing behaviors as necessary

Materials for meeting

- Food journals (4)
- Visit #17 patient handout
- Weight Tracker

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record. *Your weight today is _____ pounds.* Review patient's weight change to date.
- Examine patients' Weight Tracker for past month.
 - Congratulate patients who were successful at recording weight each day. If patients did not record daily, remind them that this is a key behavior for success, and identify their barriers to daily weight monitoring.
 - Congratulate patients for weight maintenance (or weight loss) if they stayed below Warning Weight. Review steps that were taken if patients reached Warning Weight.
 - Provide patients with a new Weight Tracker for the next month. Determine if a new Warning Weight needs to be set. This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached, it is a clear sign that immediate action needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity).

B. Review Food Journals

- Review success in:
 - Recording eating and activity
 - Limiting calories to assigned goal
 - Trying new strategies to plan for increasing structured eating
 - Exercising 175 minutes per week (e.g., 5 times per week, 30-45 minutes each time)
 - Wearing pedometer each day and taking 6,000 steps per day
- Remember that patients may have agreed to different schedules for monitoring their eating and activity habits. Some may have elected to monitor only a couple of days a week.

C. Proven Strategies for Weight Loss Maintenance

- Introduce the National Weight Control Registry (NWCR) to patients. Explain this it is an excellent resource for learning about successful weight loss maintenance. The NWCR has over 5,000 members. To qualify, members must have lost at least 30 lbs and kept it off for at least 1 year. NWCR members are “weight loss maintenance pros.”
- Point out that NWCR members report that they tried to lose weight and maintain it many times before, without success. This time they used some different strategies and “got it right.”
- Review the strategies the NWCR members use, as follows:
 - They make weight loss maintenance a top priority. They make choices consistent with long-term weight control (for example, resisting the urge to eat an appealing dessert or resisting the urge to sleep instead of exercise).
 - They eat a low-calorie, low-fat diet. They eat about 1400 calories per day, with only about 25% of their calories from fat. They eat a wide variety of fruits and vegetables.
 - They weigh themselves at least once a week (and often daily).
 - They exercise, on average, about 1 hour per day. Brisk walking is the most common type of exercise they do.
 - They eat breakfast every day. This breakfast most often includes cereal, milk, and fruit.
 - They eat three meals (breakfast, lunch, dinner) and two snacks each day.
 - They go to fast food restaurants less than once per week.
 - They watch less than 10 hours of TV per week.

D. Your Path to Becoming a Weight Loss Maintenance Pro

- Ask patients to consider how similar or different their behaviors are from the behaviors that are typical of the NWCR members. (Refer to handout.) For each behavior, have patients check off whether they are on track in this area or need to improve:
 - Making weight loss maintenance a top priority
 - Eating a low-calorie, low-fat diet, with lots of fruits and vegetables
 - Weighing self once per week or more
 - Exercising about 1 hour per day
 - Eating breakfast every day
 - Eating three meals and two snacks per day
 - Eating fast food less than once per week
 - Watching TV less than 10 hours per week
- Ask patients to think about those areas they identified as needing improvement. Help patients make a plan for changing two behaviors this month (pick behaviors that patients believe they can achieve). Ensure that the plan is detailed and specific enough to be helpful. (Record on handout.)

E. Skill Builder (Refer to handout.)

- Record food intake and physical activity regularly (as agreed upon).
- Limit calorie intake to prescribed goal.
- Look at the National Weight Control Registry's website (Link on handout)
- Make two changes to be more like a weight loss maintenance pro.
- Exercise for at least 200 minutes per week (e.g., 5 times per week, 30-45 minutes each time).
- Wear pedometer daily and aim for 7,000 steps per day by your next session.
- Record weight daily on Weight Tracker. Take action if Warning Weight is reached.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #17, Week 36

A. Check-In and Review Weight Change



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. How many days did you weigh yourself and record your weight? ____

Did you need to increase your weight control efforts in response to your **Warning Weight**? ____

B. Review Food Journals

Let's review last month's food journals:



| | |
|--|--|
| Frequency of recording food intake and physical activity | |
| Calorie intake per day | |
| Minutes of physical activity per week | |
| Pedometer steps per day | |

Last month you tried new ways of increasing the structure of your eating. How did it go?

C. Proven Strategies for Weight Loss Maintenance

How do people who have lost weight manage to keep it off? We can learn a lot from the lives of successful weight maintainers through the National Weight Control Registry (NWCR). The NWCR has over 5,000 members. To qualify, members must have lost at least 30 lbs and kept it off for at least 1 year. NWCR members are truly weight loss maintenance pros!

Interestingly, these pros report that they tried to lose weight and maintain it many times before – unsuccessfully. This time they used some different strategies and “got it right.”



So how do they do it?

- ❖ They make weight loss maintenance a top priority. They make choices consistent with long-term weight control (for example, resisting the urge to eat an appealing dessert or resisting the urge to sleep instead of exercise).
- ❖ They eat a low-calorie, low-fat diet. They eat about 1400 calories per day, with about 25% of their calories from fat. They eat a wide variety of fruits and vegetables.
- ❖ They weigh themselves at least once a week and frequently more often.
- ❖ They exercise, on average, about 1 hour per day. Brisk walking is the most common type of exercise they do.
- ❖ They eat breakfast every day. This breakfast most often includes cereal, milk, and fruit.
- ❖ They eat three meals (breakfast, lunch, dinner) and two snacks each day.
- ❖ They go to fast food restaurants less than once per week.
- ❖ They watch less than 10 hours of TV per week.

D. Your Path to Becoming a Weight Loss Maintenance Pro

Let's take a look at your weight loss maintenance behaviors. Are you on track to become a weight loss maintenance pro? Are there areas in which you could make some improvements?

| <i>Weight Loss Maintenance Pros:</i> | <i>Check here if this is an area in which you are <u>on track</u> with the weight loss maintenance pros</i> | <i>Check here if this is an area in which you <u>would like to</u> <u>improve</u> (pick at least one)</i> |
|---|---|---|
| Make weight loss maintenance a top priority | | |
| Eat a low-calorie, low-fat diet, with lots of fruits and vegetables | | |
| Weigh self once per week or more | | |
| Exercise about 1 hour per day | | |
| Eat breakfast every day | | |
| Eat three meals and two snacks per day | | |
| Eat fast food less than once per week | | |
| Watch TV less than 10 hours per week | | |

Think about the areas in which you would like to improve your weight loss maintenance behaviors. Let's make a detailed plan for change:

What (behavior you'll change): _____

When (you'll try it): _____

Where (you'll try it): _____

How (you'll remember it): _____

E. Skill Builder



- Record food intake and physical activity regularly (as agreed to with your counselor).
- Limit calorie intake to prescribed goal.
- Look at the National Weight Control Registry's website:
<http://www.nwcr.ws/>
- Make changes that will help you become a weight loss maintenance pro.
- Engage in physical activity for a total of 200 minutes per week (e.g., 5 bouts of 30-45 minutes).
- Wear your pedometer daily and aim to take 7,000 steps per day by your next session.
- Record your weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.

Your next appointment is: _____

Personal Goal:

Goal:

Outcome:

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept food journals this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #18, Week 40 Staying Positive

Agenda

In Visit #18, patients will:

- Review progress towards goals since Visit #17
- Discuss the challenges of staying positive about their weight control efforts
- Learn strategies for dealing with frustration

Materials for meeting

- Food journals (4)
- Visit #18 patient handout
- Weight Tracker graph

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record. *Your weight today is _____ pounds.*
- Review patient's weight change to date.
- Examine patients' Weight Tracker for past month.
 - Congratulate patients who were successful at recording weight each day. If patients did not record daily, remind them that this is a key behavior for success, and identify their barriers to daily weight monitoring.
 - Congratulate patients for weight maintenance (or weight loss) if they stayed below Warning Weight. Review steps that were taken if patients reached Warning Weight.
 - Provide patients with a new Weight Tracker for the next month. Determine if a lower Warning Weight needs to be set. This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached, it is a clear sign that immediate action needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity).

B. Review Food Journals

- Review success in:
 - Keeping journals of eating and activity
 - Limiting calories to assigned goal
 - Trying weight loss maintenance strategies
 - Exercising 5 times a week for at least 30-45 minutes each time, for a total of 200 minutes per week
 - Wearing pedometer each day and taking 7,000 steps per day
- Remember that patients may have agreed to different schedules for monitoring their eating and activity habits. Some may have elected to monitor only a couple of days a week.

C. Review Being a Maintenance Pro

- Review the behaviors of a weight loss maintenance pro – has the patient made changes since last session to increase these habits? What area(s) do they plan to work on this month?
 - Make maintenance a priority
 - They eat a low-calorie, low-fat diet. They eat about 1400 calories per day, with only about 25% of their calories from fat. They eat a wide variety of fruits and vegetables.
 - They weigh themselves at least once a week, and often daily.
 - They exercise, on average, about 1 hour per day. Brisk walking is the most common type of exercise they do.
 - They eat breakfast every day. This breakfast most often includes cereal, milk, and fruit.
 - They eat three meals (breakfast, lunch, dinner) and two snacks each day.
 - They go to fast food restaurants less than once per week.
 - They watch less than 10 hours of TV per week.

D. Staying Positive Can Be Challenging

- Explain that at this point in the program, some patients may be frustrated with some aspects of weight control. Today you will discuss any frustrations they are feeling about their weight control efforts.
- Explain that patients may feel frustrated in a number of different ways:
 - Finding weight control efforts, such as keeping a food journal, boring or aggravating
 - Feeling tired of exercising or taking the time to prepare healthy meals
 - Feeling hopeless about a goal that may seem unreachable
 - Feeling confused about how to obtain desired weight control results

- Feeling disappointed that losing weight is harder than they expected or that life at a lower weight is not as they expected
- Ask patients if they are experiencing any of these feelings. Help patients identify in detail what is frustrating them. (Record on handout.)

E. Strategies for Staying Positive

- Explain the following tools that patients can use for responding to frustration:
 - Identifying what has worked before:
 - Ask patients how they have successfully handled frustration with their weight control or other situations in the past.
 - Patients should identify a strategy they have used before for successfully handling frustrating situations. (Record on handout.)
 - Adopting an accepting attitude:
 - Encourage patients to recognize that some difficulties with weight control (or life, for that matter!) are normal and to be expected.
 - When patients accept that weight loss is challenging, they can anticipate that feelings of discouragement are going to occur and make a plan for responding to them.
 - If patients are struggling with a situation that seems out of their control, such as a spouse's lack of support or a job that requires long hours of work, accepting the parts of the situation that they can't change can help them focus on what they *can* change.
 - Changing their thinking:
 - Encourage patients to recognize negative patterns in their thinking that they can make more positive.
 - Review the following examples:
 - Instead of viewing exercise as a negative event, focus on the positive aspects of exercising.
 - Instead of thinking of food journals as something they *have* to do, view *choosing* to do them as in their control.
 - Instead of focusing on what went wrong with weight control in the past, focus on the task at hand.
 - Instead of judging oneself for not meeting a goal weight, change the measure of success to focus on specific behaviors.
 - Instead of thinking that it is unfair that losing weight is not easier, develop a more realistic expectation.

- Ask patients to share a negative thought that they have about their weight loss efforts and identify a more positive way of viewing the situation. (Record on handout.)
- Changing a behavior:
 - Ask patients to consider if they can take action to directly improve their frustrating situation.
 - If so, make a step-by-step plan with specific goals. (Record on handout.)

F. Skill Builder (Refer to handout.)

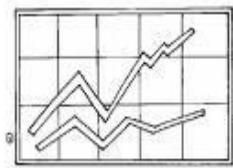
- Record food intake and physical activity regularly (as agreed upon).
- Limit calorie intake to prescribed goal.
- Try one new strategy to adopt a more positive approach to weight control.
- Exercise at least 200 minutes per week, for example: 5 times per week, 40 minutes each time.
- Wear pedometer daily and aim for 8,000 steps per day.
- Record weight daily on Weight Tracker. Take action if Warning Weight is reached.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #18, Week 40

A. Check-In



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. How many days did you weigh yourself and record your weight? ____
Did you need to increase your weight control efforts in response to your **Warning Weight**? ____

B. Review Food Journal

Let's review last month's food journals:



| | |
|--|--|
| Frequency of recording food intake and physical activity | |
| Calorie intake per day | |
| Minutes of physical activity per week | |
| Pedometer steps per day | |

Last month you tried some weight loss maintenance strategies. How did it go?

C. Revisiting Being a Weight Loss Maintenance Pro

Let's take another look at your weight loss maintenance behaviors. Are you on track to becoming a weight loss maintenance pro? Are there areas in which you could make some improvements? What are your goals for this month?

| <i>Weight Loss Maintenance Pros:</i> | <i>Check here if this is an area in which you are <u>on track</u> with the weight loss maintenance pros</i> | <i>Check here if this is an area in which you <u>would</u> <u>like to improve</u> (pick at least one)</i> |
|---|---|---|
| Make weight loss maintenance a top priority | | |
| Eat a low-calorie, low-fat diet, with lots of fruits and vegetables | | |
| Weigh self once per week or more (We recommend daily) | | |
| Exercise about 1 hour per day | | |
| Eat breakfast every day | | |
| Eat three meals and two snacks per day | | |
| Eat fast food less than once per week | | |
| Watch TV less than 10 hours per week | | |

D. The Challenge of Staying Positive

By this point in the program, some people feel frustrated by some aspects of weight control. For instance, you might be:

- Bored or annoyed by the effort required by weight control
- Tired of exercising or taking the time to prepare healthy meals
- Feeling disappointed by a goal that may seem unreachable

What kind of frustration are you facing? _____

E. Strategies for Staying Positive

There are several tools you can use for responding to frustration:

1. Remember what tools have made you successful in the past. How have you been successful at dealing with challenges in the past?

2. Adopt an accepting attitude. Keep in mind that some difficulties with weight control (or life, for that matter!) are normal and to be expected. Anticipate that occasional feelings of discouragement are likely to occur. Stop struggling against the parts of your situation that you can't change and focus on what you *can* change.
3. Think positively. For example:

| INSTEAD OF: | TRY TO: |
|--|--|
| Viewing exercise as a negative event | Focus on the positive aspects about exercising |
| Thinking of food journals as something you <i>have</i> to do | View <i>choosing</i> to do them as in your control |
| Focusing on what went wrong with weight control in the past | Focus on the task at hand |
| Judging yourself for not meeting a goal weight | Change the measure of success to focus on specific behaviors |
| Thinking that it is unfair that weight control is not easier | Develop a more realistic expectation |

What negative thoughts have you had about weight control?

What is a more positive way of thinking about the situation?

4. Change a behavior. Can you take action to directly improve your frustrating situation? If so, how?
-

F. Skill Builder



- Review session handouts
- Record food intake and physical activity regularly (as agreed to with your coach).
- Limit calorie intake to prescribed goal.
- Try one new strategy to have a more positive approach to your weight control.
- Engage in physical activity for 200 minutes per week (e.g., five, 30-45 minute bouts per week).
- Wear your pedometer daily and aim to continue taking 8,000 steps per day.
- Record weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.

Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept food journals this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #19, Week 44 Controlling Hunger

Agenda

In Visit #19, patients will:

- Review progress towards goals since Visit #18
- Learn dietary strategies for controlling and reducing hunger

Materials for meeting

- Food journals (4)
- Visit #19 patient handout
- Weight Tracker graph

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record. *Your weight today is _____ pounds.*
- Review patient's weight change to date.
- Examine patients' Weight Tracker for past month.
 - Congratulate patients who were successful at recording weight each day. If patients did not journal daily, remind them that this is a key behavior for success, and identify their barriers to daily weight monitoring.
 - Congratulate patients for weight maintenance (or weight loss) if they stayed below Warning Weight. Review steps that were taken if patients reached Warning Weight.
 - Provide patients with a new Weight Tracker for the next month. Determine if a lower Warning Weight needs to be set. This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached, it is a clear sign that immediate action needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity). (Warning weights should not be increased.)

B. Review Food Journals

- Review success in:
 - Keeping journals of eating and activity
 - Limiting calories to assigned goal
 - Exercising 5 times a week for at least 30-45 minutes each time, for a total of 225 minutes per week
 - Wearing pedometer each day and taking 8,000 steps per day
 - Trying a new strategy for staying positive about weight control

Page 167 of 195

Adapted from the Diabetes Prevention Program (Knowler WC et al., NEJM 2002;346:393-403) and the POWER-UP Study (Wadden TA et al, NEJM 2011;365:1969-79).

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- Remember that patients may have agreed to different schedules for monitoring their eating and activity habits. Some may have elected to monitor only a couple of days a week.

C. Strategies for Controlling Hunger

- Introduce today's topic: learning how to control hunger by eating foods that are filling and low in calories. Patients will learn four key strategies.
- Discuss strategy 1: increasing vegetable intake. Vegetables are high in fiber and water content and low in calories. Eating vegetables is a terrific way of being able to eat a large volume of food without many calories.
 - An excellent way of increasing vegetable intake is to start meals with a salad or a vegetable-rich, clear broth soup. Doing so makes for a filling start to the meal.
 - Experiment with new vegetables. Try some new vegetables in a salad or as side dishes.
 - Add vegetables to cooked dishes. For example, add mushrooms, bell peppers, spinach, onions, carrots, or broccoli to pasta, pizza, or casserole dishes. Keep frozen vegetables in the freezer so that they are readily available to be added to meals.
 - Keep clean, ready-to-eat vegetables easily available for snacking.
- Discuss strategy 2: increasing fruit intake. Like vegetables, fruit is high in fiber and water content and low in calories. Eating fruit is another terrific way of being able to eat a large volume of food without many calories.
 - Add fresh or dried fruit to breakfast cereal, oatmeal, or yogurt. This will make breakfast more filling and also provides a low-calorie way of sweetening cereal.
 - Keep fruit cups available for a mid-morning snack.
 - Add fruit to desserts. A very small portion of a high-calorie food (such as chocolate cake or ice cream) may be more filling if berries, for example, are eaten with it.
 - Keep a bowl of fruit within easy reach.
 - Add sliced apples or pears, or grapes to your salads.
- Discuss strategy 3: eating water-rich foods. Many foods that incorporate water can be eaten in large portions for relatively few calories. Broth-based, rather than cream-based, soups, stews, and casseroles are often healthy choices.
- Discuss strategy 4: limiting high-fat foods. To meet calorie goals, portions sizes of foods that are high in fat often need to be very small. Eating very small portions can leave patients feeling hungry, so it is advisable to eat lower fat foods, which can be eaten in larger portions than high-fat foods can.
 - Grill foods rather than frying them.
 - Choose lean meats whenever possible.
 - Remove skin and fat from meat before cooking.

- Experiment with new, low-fat ways of adding flavor to dishes. For instance, try lemon juice or herbal seasoning to flavor vegetables rather than butter, balsamic vinegar rather than mayonnaise for salads, and salsa or non-fat sour cream rather than butter and regular sour cream on baked potatoes.
- Provide patients with encouragement to experiment with new foods and recipes. Explain that it takes time to get used to new foods and new flavors. Patients may not always like new foods the first time they try them, but if they continue eating them several times the foods will likely “grow on them.”
- Ask patients to identify two dietary changes they will make to control hunger. (Record on handout.)

D. Skill Builder (Refer to handout.)

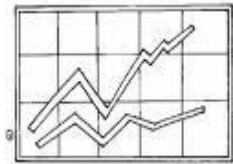
- Record food intake and physical activity regularly (as agreed upon).
- Limit calorie intake to prescribed goal.
- Exercise at least 225 minutes per week, or 5 times per week, 30-45 minutes each time.
- Wear pedometer daily and aim for 9,000 steps per day.
- Record weight daily on Weight Tracker. Take action if Warning Weight is reached.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #19, Week 44

A. Check-In and Review Weight Change



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. How many days did you weigh yourself and record your weight? ____
Did you need to increase your weight control efforts in response to your **Warning Weight**? ____

B. Review Food Journals

Let's review last month's food journals:



| | |
|--|--|
| Frequency of recording food intake and physical activity | |
| Minutes of physical activity per week | |
| Pedometer steps per day | |

Last month you tried a new strategy to stay positive about weight control. How did it go?

C. Strategies for Controlling Hunger

Eating foods that are both filling and low in calories is a key to controlling hunger.



1) Increase Your Vegetable Intake

Vegetables are high in fiber and water content and low in calories. Eating vegetables allows you to eat a large amount of food without a lot of calories.

- Start meals with a salad or a clear broth soup that contains vegetables.
- Try some new vegetables in a salad or as side dishes.
- Add vegetables to cooked dishes. For example, grated or chopped vegetables to your pasta sauce, pizza and casserole dishes. Keep frozen vegetables in your freezer so that they are readily available to be added to whatever meal you are preparing.
- Keep clean, ready-to-eat vegetables in your refrigerator for snacking.

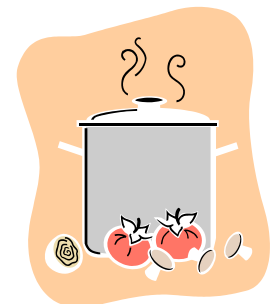
2) Increase Your Fruit Intake

Eating fruit is another terrific way to fill up without a lot of calories.

- Add fresh or dried fruit to your breakfast cereal, oatmeal, or yogurt.
- Keep fruits or fruit cups available for snacking.
- Reduce the portion size of a dessert and add fruit to it.
- Add sliced apples or pears, or grapes to your salads.

3) Eat Water-Rich Foods

Many foods that incorporate water can be eaten in large portions for relatively few calories. Broth-based (not cream-based!) soups, stews, and casseroles are often healthy choices.



4) Limit High-Fat Foods

You can eat low-fat foods in larger portions than you can high-fat foods. This is a key part of combating hunger. Remember these key strategies for low-fat eating:

- Grill foods rather than frying them.
- Choose lean meats whenever possible.
- Remove skin and fat from meat before cooking.
- Try new ways to flavor dishes. For instance, try lemon juice or herbal seasoning on vegetables rather than butter, balsamic vinegar rather than mayonnaise for salads, and salsa rather than sour cream on baked potatoes.

A Final Note on Trying Something New

This is a great opportunity to try new foods and recipes. It takes time to get used to new foods. You may not always like a new food the first time you try it, but don't give up – if you give it a few more tries, it will likely grow on you!

Think about the ways you could change your diet to better control hunger. Choose two changes you will make in the next month:

E. Skill Builder

- Record food intake and physical activity regularly (as agreed to with your coach).
- Limit calorie intake to prescribed goal.
- Engage in physical activity for a total of 225 minutes per week (5, 30-45 minute bouts per week).
- Wear your pedometer daily and aim to continue taking 9,000 steps per day.
- Record weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.



Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept food journals this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #20, Week 48 Preventing Relapse

Agenda

In Visit #20, patients will:

- Review progress towards goals since Visit #19
- Identify high-risk situations and develop a plan for responding to them
- Discuss ways to come back from a lapse and prevent relapse

Materials for meeting

- Food journals (4)
- Visit #20 patient handout
- Weight Tracker graph

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record on weight tracker. *Your weight today is _____ pounds.*
- Review patient's weight change to date.
- Examine patients' Weight Tracker for past month.
 - Congratulate patients who were successful at recording weight each day. If patients did not journal daily, remind them that this is a key behavior for success, and identify their barriers to daily weight monitoring.
 - Congratulate patients for weight maintenance (or weight loss) if they stayed below Warning Weight. Review steps that were taken if patients reached Warning Weight.
 - Provide patients with a new Weight Tracker for the next month. Determine if a lower Warning Weight needs to be set. This weight should be approximately 2-3 lbs above their current weight for patients whose goal is to maintain their weight loss, and 1 lb above their current weight for patients whose goal is to lose more weight. If the Warning Weight is reached, it is a clear sign that immediate action needs to be taken to reverse the weight gain (i.e., reducing calorie intake and/or increasing physical activity).

B. Review Food journal

- Review success in:
 - Keeping journals of eating and activity
 - Limiting calories to assigned goal
 - Trying new strategies to control hunger

- Exercising 5 times a week for at least 45 minutes each time, for a total of 225 minutes per week
- Wearing pedometer each day and taking 9,000 steps per day
- Remember that patients may have agreed to different schedules for monitoring their eating and activity habits. Some may have elected to monitor only a couple of days a week.

C. Responding to High-Risk Situations

- Introduce the topic of weight regain.
 - Explain that weight regain usually starts with a lapse. Define a lapse as a temporary and small slip in weight loss efforts (for example, overeating at a particular meal for a day or two, or skipping exercise while on vacation). Reassure patients that lapses happen to everyone at some point.
 - Explain that if a lapse is not addressed, it can grow into a relapse. Define a relapse as a return to earlier eating and activity habits that are associated with significant weight regain. The most effective way to prevent a relapse is to identify the lapses early and deal with them before they turn into a relapse.
- Discuss examples of situations that can place patients at high risk for lapses. Identifying high risk situations is the first step in planning to handle them successfully. Review the list of high-risk situations provided on the patient handout. (Refer to handout.)
- Develop a plan for high-risk situations.
 - Ask patients to identify the high-risk situations that *they* face for eating, activity, and self-monitoring/program attendance. (Record on handout.)
 - For each high-risk situation, develop a plan of response. (Record on handout.) Plans should be detailed and specific enough to be useful. See below for examples of plans (these examples are provided for your information and do not need to be reviewed with patients):

| <i>Situation:</i> | <i>Plan of response:</i> |
|-------------------------|---|
| Craving a specific food | Patients should identify when and where cravings are likely to occur. For example, cravings may occur while watching television after dinner. Patients can identify alternatives to eating the craved food, such as eating a particular low-calorie snack or turning off the television, leaving the room, and engaging in another specific activity (e.g., calling a friend or playing a computer game). |
| Going on vacation | Patients should make concrete goals for vacation that they write down on an index card before they go and bring with them. Goals can include 1) how often they will keep journals of eating and activity (e.g. recording intake for dinner only), 2) how often, when, where, and how they will exercise (e.g., walking with spouse before breakfast on the beach for 45 minutes daily), and 3) what eating plan they will follow (e.g., breakfast = cereal and fruit at home, lunch = low-calorie sandwich or salad, dinner = restaurant entrée, with dessert twice). |

| | |
|--|---|
| Being very busy for a period of time at work | <p>Patients should identify specifically what it is about being busy at work that is challenging (e.g., it is difficult to exercise at their usual time in the evening because they feel anxious about leaving work; stress at work makes it challenging to resist high-calorie afternoon snacks; having less free time makes it difficult to prepare healthy meals at home, rather than eating fast food).</p> <p>Patients can then target the problem areas (e.g., switching their exercise routine to the morning, before the workday starts; bringing low-calorie snacks to eat in the afternoon; looking through a calorie book to identify the healthiest fast food options and writing them down in a post-it that is kept in the car to cue those choices when ordering fast food).</p> |
|--|---|

D. Preparing a Comeback Plan

- Explain to patients that it is possible that even with plans for responding to high-risk situations, they may at some point have lapses or even start regaining weight. Emphasize that if a lapse occurs, patients should resume using the behaviors that initially helped them to lose weight. Provide patients with the following suggestions for responding to setbacks (refer to handout):
 - Record in your food journal daily. Record everything you eat and drink, taking care to be as accurate in your portion sizes as you can.
 - Budget fewer calories over the next several days and/or increase your exercise for several days to make up for the extra calories you ate.
 - Start your physical activity that very day or the next, making sure that you give yourself realistic and achievable goals.
 - Plan what you will eat at your *next* meal – don't wait until tomorrow to start healthier eating. Plan meals for the several days ahead, as well.
 - Reflect on your progress. Renew your commitment.

E. Graduation

- Remind patients that there is one month (and one additional visit) left in the program.
- Reiterate that you have enjoyed working with them and seeing them make progress towards their goals.
- Ask patients how they feel about the program ending. Some patients may feel disappointed or anxious about losing the support that this program provided, and others may report feeling ready to move on.

F. Skill Builder (Refer to handout.)

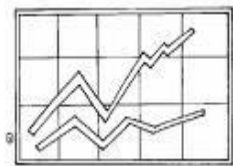
- Record food intake and physical activity regularly (as agreed upon).
- Limit calorie intake to prescribed goal.
- Review your plans for high-risk situations and recovering from lapses.
- Exercise at least 5 times per week, 30-45 minutes each time, for a total of 225 minutes per week.
- Wear pedometer daily and aim for 10,000 steps per day.
- Record weight daily on Weight Tracker. Take action if Warning Weight is reached.
- Schedule next appointment.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #20, Week 48

A. Check-In and Review Weight Change



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. How many days did you weigh yourself and record your weight? ____

Did you need to increase your weight control efforts in response to your **Warning Weight**? ____

B. Review Food Journals

Let's review last month's food journals:



| | |
|--|--|
| Frequency of recording food intake and physical activity | |
| Calorie intake per day | |
| Minutes of physical activity per week | |
| Pedometer steps per day | |

Last month you tried new strategies for reducing hunger. How did it go?

C. Responding to High-Risk Situations

In the past, you may have lost weight but found that you slipped back into your old behaviors, and your weight slowly crept back up. Weight regain usually starts with a lapse. **A lapse is a temporary and small slip in your weight loss efforts.** It might be overeating at a particular meal for a day or two. It could be skipping exercise while you are on vacation. At some point, everyone has lapses.

If you fail to cope with a lapse, it can grow into a relapse. **A relapse is a return to your earlier eating and activity habits and is associated with significant weight regain.** The most effective way to prevent a relapse is to identify the lapses early and deal with them before they turn into a relapse.

It can help to **recognize high-risk situations** and have a plan to cope with them. This will allow you to avoid small setbacks or lapses. Below is a list of common high-risk situations.

Emotional High Risk Situation

| <i>Positive</i> | <i>Negative</i> |
|--|---|
| <ul style="list-style-type: none">• You get good news and want to celebrate with a restaurant meal and wine.• You are on vacation, feeling relaxed and enjoying being with your family. | <ul style="list-style-type: none">• You feel overwhelmed by things you can't control in your life.• You've been feeling lonely, sad, angry, upset or frustrated. |

High Risk Breaks in Routine

| <i>Positive</i> | <i>Negative</i> |
|--|---|
| <ul style="list-style-type: none">• You are on vacation and staying at a relative's home or in a hotel.• The weekend is relaxed, and you don't have a structured routine. | <ul style="list-style-type: none">• You are ill and can't do your usual activities.• You have a very busy time at work or at home. |

Social High Risk Situations

| <i>Positive</i> | <i>Negative</i> |
|--|--|
| <ul style="list-style-type: none">• You are at a party and don't want to stand out by not having cake.• You go out to dinner with friends and everyone orders high-calorie meals. | <ul style="list-style-type: none">• There are difficulties in your family.• Your children refuse to eat the low-calorie foods you made. |

Other High Risk Situations

| <i>High Risk Negative Physical States</i> | <i>High Risk Urges and Temptations</i> |
|--|---|
| <ul style="list-style-type: none"> • You feel tired or exhausted. • You have trouble sleeping. | <ul style="list-style-type: none"> • You crave a specific food. • Someone gives cookies or candy as a gift. |

Let's develop a plan that you can use in high-risk situations to prevent a lapse. Think about the times in the past when you have slipped or had a lapse. What put you at risk? What circumstances led to your lapse?

Decide how you will respond to each high-risk situation. Your plan should involve taking action to change the situation, your thoughts, or your behaviors. Make sure your plan is specific and detailed.

| High-Risk Situations | My plan to handle this situation so that I don't slip or lapse: |
|---|--|
| I am at high risk for stopping my healthy eating when _____ _____ | |
| I am at high risk for decreasing my physical activity when _____ _____ | |
| I am at high risk not recording in my Food journal when _____ _____ | |

D. A Comeback Plan

If you have a lapse or start to regain weight, the following plan can help you get back on track:

- ❖ Record in your food journal daily. Document everything you eat and drink, taking care to be as accurate in your portion sizes as you can.
- ❖ Budget fewer calories over the next several days and/or increase your exercise for several days to make up for the extra calories you ate.
- ❖ Start your physical activity that very day or the next, making sure that you give yourself realistic and achievable goals.
- ❖ Plan out what you will eat at your *next* meal – don't wait until tomorrow to start healthier eating! Plan meals for the several days ahead as well.
- ❖ Reflect on your progress. Renew your commitment.



E. Graduation

There is **one** month (and one additional session) left in the MODEL program. You're almost ready to graduate! You have come a long way! You have a lot to be proud of.

F. Skill Builder

- Record food intake and physical activity regularly
(as agreed to with your coach).
- Limit calorie intake to prescribed goal.
- Review your plans for high-risk situations and recovering from lapses.
- Engage in physical activity for 225 minutes per week (5, 30-45 minute bouts per week).
- Wear your pedometer daily and aim to continue taking 10,000 steps per day.
- Record your weight daily on the Weight Tracker graph. Take action if you reach your Warning Weight.



Your next appointment is: _____

Date: _____

Time: _____

WEEKLY REVIEW

A: Activity

Number of days you exercised this week: _____ days

Total number of minutes of activity this week: _____ min

Average number of steps per day this week: _____ steps



B: Behavioral Goals

Did you set a specific behavioral goal for last week? Yes No

If yes, did you accomplish it and how? If no, what got in the way?

Goal: _____

Outcome: _____

Specific goal for this week: _____

C: Calories

Number of days you kept food journals this week: _____ days

Average daily caloric intake for the week: _____ calories

D: Weight: _____ lbs

Change from last week: _____ lb(s)

[illegible]

The MODEL Intensive Behavioral Therapy (IBT) Program: Lifestyle Counselor's Manual, Visit #21, Week 52 Graduation Visit!

Agenda

In Visit #21 patients will:

- Review progress towards goals since Visit #20.
- Anticipate upcoming weight control challenges and identify solutions.
- Conclude the MODEL Program

Materials for meeting

- Food journals
- Visit #21 patient handout
- Weight Tracker graphs for next 12 months
- Certificate of program completion
- Guide to weight loss resources in community, in case patients need new copy

A. Welcome, Weigh-In, and Review Weight Tracker

- Weigh patient and record. *Your weight today is _____ pounds.*
- Review patient's weight change to date.
- Encourage patients to continue to record their weight each day and to use their Weight Tracker.

B. Review Food Journals

- Review success in:
 - Keeping journals of eating and activity
 - Limiting calories to assigned goal
 - Exercising for a total of 225 minutes per week (e.g., 5 times a week for at least 30-45 minutes each time)
 - Wearing pedometer each day and taking 10,000 steps per day
- Remember that patients may have agreed to different schedules for monitoring their eating and activity habits. Some may have elected to monitor only a couple of days a week.
- Ask patients if they continued thinking about their plans for weight control after the program ends.

C. A Plan for Success

- Tell patients that in today's session you will help them plan for continued weight control after the program ends.
- Identify behaviors they will use to maintain their weight loss. Provide patients with recommendations (shown below), and ask them to personalize the plan for each behavior they are committing to. (Record on handout.) Patients should identify, in a detailed way,

how they will meet each goal. (For example, “My husband will get the kids ready for school every morning, so that I can go for a 30-minute walk around my neighborhood at 7:30 a.m. I will listen to books on tape to keep my walking interesting and I will wear warm, dry clothes when the weather is bad.”) Recommendations to review are as follows:

- “Weigh yourself daily.” (We will provide patients with a year’s worth of weight records.)
- “Continue to use a daily calorie goal.” Calorie goals will vary from 1200 to 2000 calories per day, depending on each patient’s weight and self-monitoring accuracy. Limiting calorie intake is the most important behavior for long-term weight control.
- “Continue to use a weekly activity goal.” Patients should strive for at least 225 minutes per week for maximum weight control success. Brisk walking is a terrific form of exercise.
- “Pick a day, time, and place each week to check-in with yourself. During this time, do the following:”
 - Review weight change from the previous week.
 - Review eating and activity behaviors (keeping journals of eating and activity will make this review most accurate). Identify what is working well and what challenges need to be addressed.
 - Make plans for the next week. Think about any challenges that you may face in the next week, plan your meals and grocery shopping, and schedule time for exercise.
- Continue practicing other key behaviors. Examples of key behaviors include: eating breakfast daily; limiting television watching to no more than 1-2 hours per day; preparing most meals at home and limiting restaurant eating; and any other behaviors that patients have found helpful during this program.

E. Anticipating Challenges

- Discuss patients’ plans for these behaviors, the challenges they expect that might make these behaviors difficult, and the possible solutions that target those challenges. (Record on handout.)
 - Daily self-weighing:
 - When and where will patients weigh themselves?
 - What will be challenging about daily self-weighing?
 - What can patients do to respond to those challenges? (For example, if a patient anticipates forgetting to weigh herself, she might decide to keep her scale in a new, visible place where she will see it after showering each morning.)
 - Targeting a daily calorie goal:
 - How will patients reach their calorie goals? How will they monitor progress towards calorie goals?
 - What situations will make healthy eating challenging?
 - How can they respond in those situations? (For example, if a patient anticipates that the holidays will make healthy eating difficult, he might decide to keep a complete, daily food journal during that time to increase his motivation to meet his calorie goal.)

- Engaging in frequent physical activity:
 - When and where will patients engage in physical activity?
 - What will be challenging about maintaining a physical activity routine?
 - Patients should consider joining a gym, involving others in physical activity (e.g., finding a partner for walking), or buying home exercise equipment.
- Checking in about weight control progress:
 - When and where will patients check in about their weight control progress? Will they check in with themselves and keep a written log of their progress?
 - What will be challenging?
 - Patients should consider using the community resources that were discussed in last session, because having a group or a professional to check in with can be very helpful. Patients should anticipate that if they begin to regain weight, they may be tempted to avoid their check-in because do not want to feel discouraged or disappointed. If they regain weight, patients should begin to follow a structured program to avoid further weight gain (e.g., joining a weight control group in the community or following the weight loss plan that was used in this program).
- Ask patients to think about what additional preparation they need to do in anticipation of the program ending, such as joining a gym, researching community weight control programs, or buying a new scale for home use. (Record on handout.)

F. Community Resources

- Identify resources in the community that patients can use to help them maintain their weight loss or to reverse any weight gain they experience. (Record on handout.)
- Emphasize that patients should expect to continue to work on weight control behaviors in the same way that they keep up the maintenance on their car or on their home. It is similar to continuing to take medications for blood pressure or diabetes. Ensure that patients understand that they need to keep practicing their weight control behaviors to achieve long-term success.
- Identify weight control program to discuss which programs they were planning on joining to continue their weight loss goal.
- Consider exercise programs that will help keep patients on track.

G. Graduation

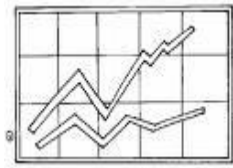
- Thank patients for participating in the study.
- Express how much you have enjoyed working with them.
- Wish them continued success with their weight control efforts.
- Indicate that you look forward to continuing to see them in the practice.

The MODEL Intensive Behavioral Therapy (IBT) Program: Participant's Guide: Visit #21, Week 52

A. Check-In and Review Weight Change



| | |
|--------------------------------------|-----|
| Today's weight | lb. |
| Weight change since last visit | lb. |
| Weight change since starting program | lb. |



Let's look at your **Weight Tracker** from last month. Did you need to increase your weight control efforts in response to your **Warning Weight**? ____

B. Review Food Journals

Let's review last month's food journals:



| | |
|--|--|
| Frequency of recording food intake and physical activity | |
| Calorie intake per day | |
| Minutes of physical activity per week | |
| Pedometer steps per day | |

D. Tools for Success

While this program is ending, your weight management journey will continue. Let's make a plan for your continuing weight control efforts after the program ends.

| Our Recommendation | Your Goal and How You Will Accomplish It |
|---|--|
| Weigh yourself daily | |
| Use a daily calorie goal | |
| Use a weekly activity goal (aim for 225 minutes per week if you can) | |
| Conduct a weekly check-in to review your weight change and eating and activity behaviors. Make a plan for the following week | |
| Continue to practice other key behaviors, such as eating breakfast daily, limiting restaurant eating, or decreasing television watching | |

E. Anticipating Challenges

Now, let's anticipate what might make these behaviors challenging in the year ahead, and find some ways to tackle those challenges.

| Key Behavior | Possible Challenges | Solutions |
|--|----------------------------|------------------|
| Weigh yourself daily | | |
| Meet a daily calorie goal | | |
| Be physically active for 225 minutes per week | | |
| Check in with yourself weekly about your weight control progress | | |

Is there anything you need to do in the next month to get ready for the program ending? For instance, do you need to join a gym or research community weight control options?

F. Community Resources

There are many resources in your community that you can use if you want additional help in maintaining your weight loss maintenance, or in reversing any weight gain you may experience. Make a plan for which resources you would try.



You will need to continue your weight control behaviors in the same way you need to keep up the maintenance on your car or your home. Regular care and tune ups will keep your weight, car, and home in the best shape. When you have trouble, (gain weight or dent the car), attend to the problem immediately. That will ensure that things don't get worse. Long-term weight control takes effort, but you have all the skills!

Please identify the weight control program in the community that you will attend if you regain 5 lb or more. What resources will you use to keep your physical activity at 225 minutes or more per week?

| Weight Loss Maintenance Needs | Community Options |
|---|-------------------|
| Weight control program in the community I will use if I start to gain weight: | |
| Physical activity resources in the community I can use to maintain a high activity level: | |
| Other community resources I may wish to use: | |

G. Graduation



Congratulations on completing the MODEL program! Sticking with a weight control program for a full year is a terrific accomplishment. You worked hard at making improvements in your health and weight.

Thank you for participating in MODEL! It has been a pleasure to work with you! We wish you continued success with weight control and look forward to seeing you at your next visit to our clinic.



| <u>Week Number</u> | Date | Weight | # Days Food Journal Completed | Average Weekly Calories |
|-------------------------------|-------------|---------------|--|------------------------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
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| 24 | | | | |
| 25 | | | | |
| 26 | | | | |