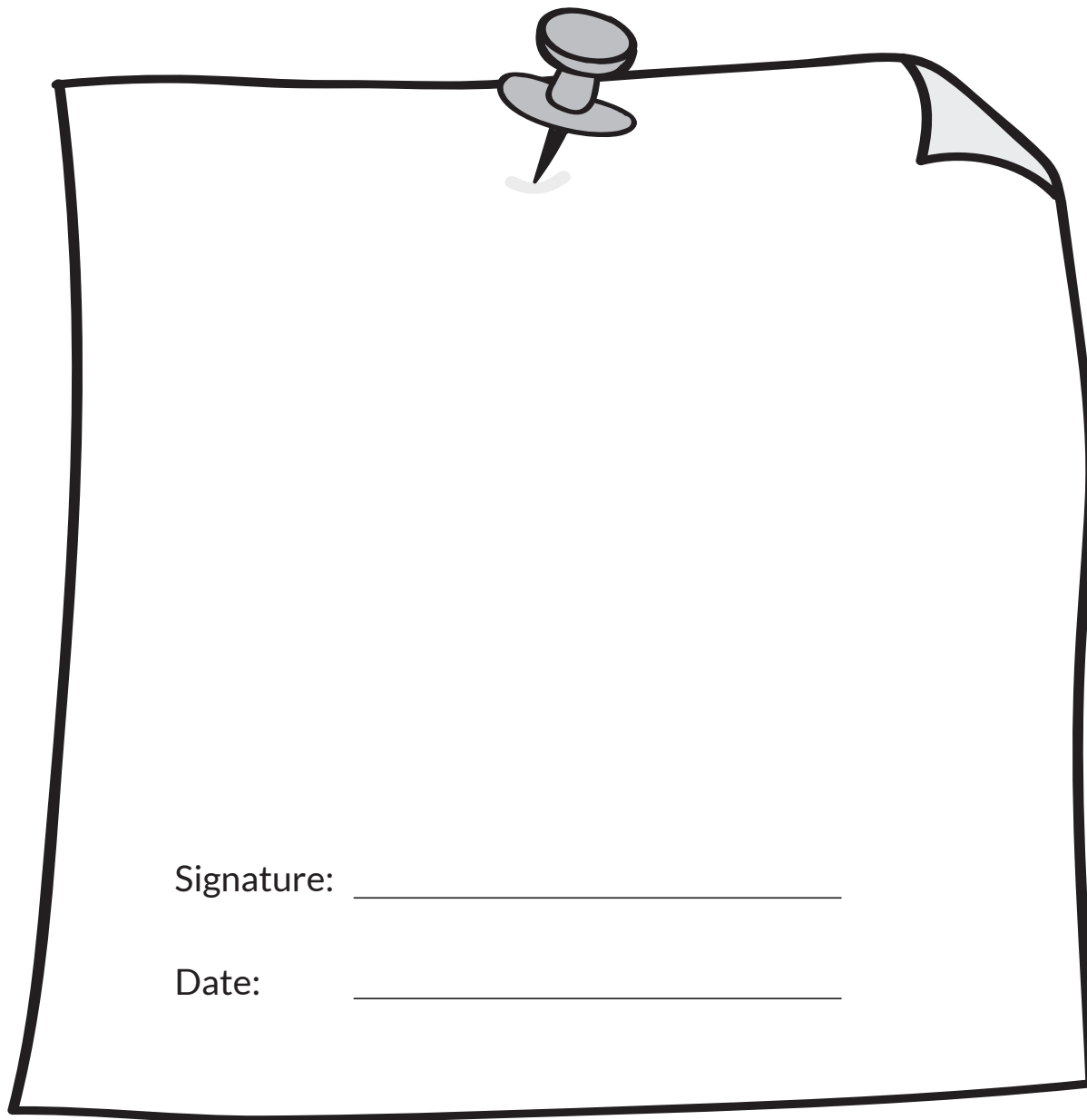


The Pendulum Eater
WORKBOOK

from *Why Did I Just Eat That?* pages 117-126

Affirmation**WHY
Did I Just
Eat That?**

Refer to page 120 in the book, Step One. First, start by acknowledging that up until now, you have been a pendulum eater and that you understand that there needs to be a change in your relationship with food. Take some quiet time to acknowledge this, then record your thoughts in the note below. You might write down, "I am reclaiming a healthy, consistent manner of eating and relationship with food," then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself of this intention, and why—in your own words—that this is important to you.



Signature: _____

Date: _____

Exercise #1 - Past Eating Strategies

Refer to page 121 in the book, Step Two. Reflection often has the ability to put things in perspective, and through hindsight we might have a chance to learn about which of our choices worked, and which didn't. So make a list of the eating strategies—or “diets”—you’ve been on over the last five to 10 years. Include your best recollection of how long you were on each one, and then what happened when the diet ended. Did you switch to a new diet? Did you go off and then fall into a binge-eating cycle for a while? Reflect on the effectiveness of the diets. What can you take away from your personal diet history? Have any of your past diets gotten you to the place of meeting your long-term nutrition goals?

Eating Strategy	Time Period	Comments

Exercise #1 - Past Eating Strategies, continued



Eating Strategy	Time Period	Comments

Exercise #2 - Food Diary

Refer to page 122 in the book, Step Two. After you've completed the previous worksheet, turn your attention to keeping a Food Diary for a week and observe how you're eating from day to day. After a week, consider what you have written in your diary. Is your intake fairly consistent? Is it fairly nourishing? Is it fairly satisfying? Do you have binge days, cheat days and days to be "good"? Do your habits feel truly satisfying, or overly-restrictive, or chaotic? Are you ready to get a handle on your relationship with food and eating?

Date	Breakfast	Optional Snack	Lunch	Optional Snack	Dinner	Optional Snack

Exercise #2 - Food Diary, continued



Date	Breakfast	Optional Snack	Lunch	Optional Snack	Dinner	Optional Snack

S.M.A.R.T. Eating Goals

Refer to page 123 in the book, Step Three. List three positive diet changes that you'd like to commit to, and position them as S.M.A.R.T. goals. For example, a smart goal might be "I will eat two meals of fish a week" or "I will eat three servings of vegetables a day, five days per week." You can see how this is much more concrete than simply saying, "I will eat more vegetables." (That approach would be non-S.M.A.R.T.: not specific, measurable, or time-bound.)

A spiral-bound notebook page with a grey cover and silver spiral binding on the left. The page is titled "S.M.A.R.T. Eating Goals" in a simple font, with a horizontal line underneath. The page is divided into three numbered sections by a vertical line on the left. Each section is a rectangular box containing a number: "1", "2", and "3". The rest of the page is blank with horizontal lines for writing.

Food Diary Meal Planner



Refer to page 124 in the book, Step Four. This next worksheet is similar to your Food Diary, only this one will function as your Meal Planner. Examine your S.M.A.R.T. list, and take the ideas listed to be included in your meal plan. Just include the three S.M.A.R.T. suggestions; don't make any more until you can work these into your eating habits. Small, achievable steps are the goal. You don't need to create a total, inflexible meal plan, but that you do include is, ideally, Specific, Measurable, Attainable, Relevant, and Time-Bound.

Date	Breakfast	Optional Snack	Lunch	Optional Snack	Dinner	Optional Snack

Food Diary Meal Planner, continued



Date	Breakfast	Optional Snack	Lunch	Optional Snack	Dinner	Optional Snack

Affirm Who You Are**WHY
Did I Just
Eat That?**

Refer to page 126 in the book, Step Five. Finally... take ownership of the following statement, by putting your name in the provided blank space. Cut it out and tape it somewhere you can see it every day, to your bathroom mirror for example. Try to repeat your new affirmation to yourself each day for at least a month. Repetition is key!

