

# EAT ANYTHING

Have I determined why I want to lose weight?

Do I have realistic weight loss expectations?

Am I reaching my daily caloric intake targets?

Does my weight loss plan suit my lifestyle?

Am I sticking to my weight loss plan and recording my calories/weight etc?

Am I rewarding myself for losing weight?

Am I getting support from friends and family?

Am I committed to losing weight?

Am I thinking positively?

Do I have a plan for dealing with setbacks?