

The Keep It Off Checklist

Date completed: _____

Whatever day you fill this in, reflect back over the previous 7 days/week and check the box that best applies to each statement.

Mindful Eating Skills to Do More Often	1=Never in the last week	2=At least once in the last week	3=Several times in the last week	4=Once a day	5=Several times a day	N/A = Not Applicable
1. I noticed when I was physically hungry.						
2. I stopped eating when I began to feel comfortably full.						
3. I stopped eating when I noticed I wasn't tasting the food as much.						
4. I ate slowly and mindfully, fully experiencing each bite.						
5. I stopped eating something because it tasted too sweet, too fatty, or too salty.						
6. I decided not to eat a tempting food, thinking, "I can always have it some other time."						
7. I ate something I like very much without eating too much of it.						
8. I let myself really enjoy and savor all the flavor and texture in a meal.						
9. I ate moderately at a social gathering.						
10. I added more healthy foods to my regular diet.						
11. I reduced the amount of unhealthy foods in my regular diet.						
12. I decided not to take a second helping because I was already satisfied.						
13. I figured out the number of calories of a food before I ate it.						
14. I ate a smaller portion of something I wanted in order to reduce overall calories.						

Mindless or Restrictive Behaviors and Thoughts to Do Less Often	1=Never in the last week	2=At least once in the last week	3=Several times in the last week	4=Once a day	5=Several times a day	N/A = Not Applicable
15. I overate after feeling upset about something.						
16. I ate something fattening and then kept on eating because "I'd already blown it."						
17. I ate because I was putting off doing something else.						
18. I finished everything on my plate (or all of a snack) without checking whether I'd already had enough.						
19. I ate just because I was bored.						
20. I ate most of a snack or a meal mindlessly.						
21. I avoided checking calories of something because it made me too anxious.						
22. I spent too much time worrying about my weight, my appearance, and my eating.						
23. I weighed myself out of worry/concern.						
Other Mindful Lifestyle Behaviors						
24. I practiced meditation for at least 10 minutes.						
25. I practiced meditation for at least 20 minutes.						
26. I weighed myself, just to inform my wisdom, rather than to police myself.						
27. I purposefully built more activity into my day.						
28. While exercising (or just being more active), I appreciated my body for what it can do instead of what it can't do.						