



## Holiday Strategies Worksheet

This worksheet is designed to help you **put words to your journey** and aid in the process of **planning for your success**. If you have an upcoming event that does not fall into the “holiday season” category, you can start this process with step #3. Consider any festive gatherings (even those not around Christmas) as great situations to practice your new skills. It is never too early to begin planning.

### Holiday Goals – short-term, very specific, and realistic


Write a **weekly weight goal** from the weeks leading to January 1. This will help keep you **accountable** to yourself. If your weight goes up, you can adjust accordingly the next week. Logging your weight will keep you aware of how you are doing.

Week	Weight Goal	Weight
1		
2		
3		
4		
5		
6		

Make a list of things you typically struggle with over the holidays. Then write several potential strategies to handle things more effectively.

Struggle	Strategy



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Make a list of **guidelines** for large holiday meals. These should **not** be based on **deprivation**, but on moderation. These are guidelines that will allow you to **feel good** about your choices, while still enjoying the meal but **not feeling guilty** or overstuffed afterwards.

### Holiday Meal Guidelines


Think of a how the holiday season is often so integrally associated with food. Food is a wonderful part of the holiday season, but it should not be the focus of the holidays. Write some holiday memories that are associated with food and some that are not. Think about how you make food choices based on feelings and memories. **List 2 new traditions that you could create that are not associated with food.** Make an effort to implement only ONE this holiday season. This helps to take some of the focus from food and places it where it should be, on the experience of the season, the enjoyment of those you love, thankfulness for things in your life, and the making of memories. Just because all of those around you are gorging and focused mainly on food does not mean that it is right, healthy, or necessary. **Try to be different this year.**

### Holiday Memories Associated with Food

### Holiday Memories Not Associated with Food


### New Traditions
