

If...Then Plan

Times when I might be tempted to eat unplanned foods (Tick the times when you might be tempted)	
If I am tempted to eat when I am watching TV	
If I am tempted to stay indoors when I am feeling bored	
If I am tempted to snack when I get home from work or college	
If I am tempted to not go for a walk when I am feeling tired	
If I am tempted to eat more than I need to at a party or special occasion	
If I am tempted to eat extra food when I am on my own	
If I am tempted to pick extra food in a shop	
If I am tempted to eat unplanned food when I am feeling hungry	
If I am tempted to eat more food when I am out with my friends	
If I am tempted to eat higher calorie food when I am feeling sad	
Write down other times when you might be tempted to eat unplanned food:	

What I could do instead (Tick the ideas that might help you)	
	Then I will ask myself, 'Do I really need this snack?'
	Then I will eat a piece of fruit first
	Then I will take a photograph of it first and think about it
	Then I will be active instead , for example go for a walk
	Then I will call my friend for a chat
	Then I will have a drink of water instead
	Then I will wait 15 minutes and then decide whether to eat it
	Then I will go and find something else to do to distract myself
	Then I will pick a smaller plate
	Then I will remind myself that I'm working toward my goal and reward
Write down other things you could do instead:	

Join up possible tricky situations (on the left hand side) with ideas which might help you (on the right hand side) using a line.