

TOPS WEEKLY COMMITMENT PLEDGE (Select one new focus area for each week)

FOR THIS WEEK, I WILL:	Week of:					
MINDSET -- GOTTA WANNA -- DON'T THROW IN TOWEL DURING THE WEEK						
1. Commitment-Be "fiercely determined" to have a great week Be focused, determined, psychologically ready to have great week -- live the TOPS principles this week						
2. Avoid post-TOPS meeting calorie splurge Come out of meeting determined to eat wisely on Wednesday, Thursday, and Friday.						
DEALING WITH EMOTIONS AND MOODS						
3. Emotions When a situation occurs that typically drives you to comfort eating, find healthier ways to get past it (meditate, exercise, talk to someone about it)						
4. Identify and deal with problem situations Identify hardest times during the week -- days, times, situations & foods. Develop strategies to avoid "crashes" during those times.						
BASIC PRACTICES -- PORTIONS, SPEED, SNACKING, EXERCISE						
5. Less sugar: Reduce my intake of sugar. Track how many sugar-free days I have, and how many days I feel I reduced/restrained my sugar.						
6. Less bread/flour Eat less bread and other forms of flour-based and baked products						
7. Smaller portions Eat smaller portions than normal. When eating out, eat only part of what is served to me & order healthy side dishes rather than fried side dishes.						
8. Track/write down what I eat for one-week Track what I eat each day. Set a daily calorie goal and review daily progress in achieving it.						
9. Eat slowly, put fork down, engage with others Eat slower and more mindfully. Put down fork between each bite and take a deep breath. Engage with those I am with.						
10. More physical activity Do more physical activity this week. Track daily physical activity minutes. Try to do something every day. Try walking for 5 minutes every 2 hours. <i>(For Tom only, get on your treadmill or elliptical trainer!!!)</i>						
STRATEGIES						
11. Eat less Don't eat after 7pm. Limit snacks (morning & afternoon) to 200 calories/day						
12. Drink more water each day Instead of eating, grab a bottle of water (or cup of coffee/tea)						
13. Avoid full, stuffed feeling Wait until I feel "real hunger" before eating or snacking, satisfy hunger with healthier foods, and don't eat until "full" or "stuffed"						
14. Stay busy to avoid eating from boredom Walk, color, paint, sew, visit a friend, go to park, visual arts center, Fisherman's Village, etc.						
15. "Fewer" strategies Each day I will eat three fewer bites at each meal or watch one hour less of television - substituting a hobby or healthy activity (walking)						
DO THESE THINGS EVERY WEEK						
<ul style="list-style-type: none"> Use mantras <i>I can do this. I will walk today. I will drink more water today. I won't eat after 7pm. I can feel my TOPS friends right here beside me today. -- Make up others and use them! --</i> 						

