

How to Adapt your Coaching Strategies to Address YOUR PERSONAL Eating and Weight Goals

How to work on being <u>MORE MINDFUL</u> of HUNGER (i.e., don't ignore your hunger)	
<p style="text-align: center;">Eat before you get <u>TOO HUNGRY</u>:</p> <ul style="list-style-type: none"> • Set relevant COACHING ALERTS • Commit to eating when MODERATELY HUNGRY instead of putting off eating until very hungry • Focus on M and L of BE MINDFUL <ul style="list-style-type: none"> ○ Monitor your hunger periodically <u>throughout</u> the day ○ Learn from your experiences; record & review your LESSONS (e.g., what leads you to get too hungry, negative consequences of getting too hungry) • Address what motivates ignoring hunger (e.g., getting too busy, rigid rules about eating, body image dissatisfaction, perfectionism, incorrect belief that eating more often is risky) • Plan ahead and problem-solve to prevent getting too hungry (e.g., pack a snack) 	<p style="text-align: center;">Eat as much as <u>YOUR BODY NEEDS</u>:</p> <ul style="list-style-type: none"> • Set relevant COACHING ALERTS • Commit to eating until MODERATELY FULL • Focus on F, U, and L of BE MINDFUL <ul style="list-style-type: none"> ○ Focus on staying tuned in while eating ○ Use moderate fullness as your signal to STOP (and don't stop before!) ○ Learn from your experiences; record & review your LESSONS (e.g., what leads you to restrict, negative consequences of undereating) • Address what motivates restriction (e.g., rigid rules about eating, body image dissatisfaction, perfectionism, incorrect beliefs that restriction is effective) • Plan ahead and problem-solve to prevent restriction (e.g., eating with others who can hold you accountable to eating enough)
How to work on being <u>MORE MINDFUL OF FULLNESS</u>	
<p style="text-align: center;">Consider other options when you're <u>NOT</u> HUNGRY:</p> <ul style="list-style-type: none"> • Set relevant COACHING ALERTS • Commit to <i>considering</i> doing other things for urges to eat when not hungry (e.g., riding out the urge, distraction) • Focus on E, M, I, and L of BE MINDFUL <ul style="list-style-type: none"> ○ Explore non-hunger reasons for wanting to eat ○ Monitor your hunger level ○ Intentionally decide whether to eat – or not eat ○ Learn from your experiences; record & review your LESSONS (e.g., what leads you to eat when not hungry, negative consequences of eating when not hungry, alternatives to eating that work for you) • Plan ahead and problem-solve to prevent eating when not hungry (e.g., limit snacks available) 	<p style="text-align: center;">Stop BEFORE you get <u>TOO FULL</u> or <u>STUFFED</u>:</p> <ul style="list-style-type: none"> • Set relevant COACHING ALERTS • Commit to stopping as soon as MODERATELY FULL • Focus on F, U, and L of BE MINDFUL <ul style="list-style-type: none"> ○ Focus on staying tuned in while eating ○ Use moderate fullness as your signal to STOP (challenge beliefs that eating more will make you feel better) ○ Learn from your experiences, but don't judge or feel guilty—instead focus on LESSONS (e.g., what leads to overeating, remember past uncomfortable fullness to motivate stopping earlier in, instruct yourself in the moment—I am going to feel uncomfortable and unhappy if I eat any more) • Plan ahead and problem-solve to prevent overeating

