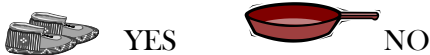


WHERE DO I START TO LOSE WEIGHT?

Should I start pricing frying pans or moccasins?

To find out if you would do better losing weight by eating less food or by increasing physical activity, circle either yes or no to each of the statements listed below. Then count the total number of moccasins or frying pans circled and follow the scoring directions on the back of this sheet.

1. I prepare most of my meals at home.



2. My main goal is to look more toned.



3. I'll measure my progress on a scale.



4. I'm good at planning ahead when it comes to where and what I'll be eating.



5. I'm under a lot of stress, and it sometimes gets me down.



6. I really feel cheated when I have to say no to foods I love.



7. I enjoyed sports and other physical activities when I was younger.



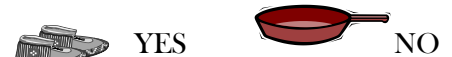
8. My schedule is hectic, so it's hard to set aside time for me.



9. I battle aches and pains every day.



10. I'm not good with details.



11. I want to lose weight to lower my risks of diabetes or heart disease.



12. I've gotten so heavy, I'm embarrassed to be in public.



13. I eat fast food often.




14. I would like to have more energy.



SCORING:

Count the total number of  moccasins circled on the front page = _____

Count the total number of frying pans  circled on the front page = _____

- If the number of frying pans is greater than 8, you'll do best starting with a program that focuses on eating less food.
- If the number of moccasins is greater than 8, increasing physical activity may work better for you.
- If your answers are divided between the moccasins and the frying pans, try a balanced program of smaller portions with less fat and sugar and more physical activity.

Weight loss is a slow process. We have to eat 3500 calories less or use 3500 calories in body movement to lose one pound. Therefore, do not plan to lose more than 1 to 2 pounds each week. Weight loss is a balance between energy in (food) and energy out (body movement or use from physical activity or work).

RESOURCES

- www.eatright.org/supertracker
- www.fitday.com
- **contact the dietitian employed at the local hospital, clinic or public health unit for medical nutrition therapy (MNT)**
- **UTTC Extension – ask for the dietitian for individualized weight loss counseling (2015 – FREE)**

Revised March 2016