



Weight Loss Success Starts with Your Mind...Not Your Mouth™

Options Worksheet

Use this to worksheet to identify alternatives you have to eating when feeling stressed, angry, sad, happy, etc. This is YOUR plan, options, and activities you can do other than eat—include any tools you need to use that option so you are prepared.

When **I Will** **Tools Needed**
 Example:

When I feel stressed at work	I will go for a 5 min walk around the building	walking shoes