

Healthy Habits Thought Record

(specifically designed for *Healthy Habits Chapter*)

EXAMPLE ONLY:

Situation: We've been eating out/fast-food lately, I can't find the time to prepare a nutritious meal for my loved one.				
Current Thoughts	How do you feel about that?	What's keeping you from doing this differently?	Brainstorm: How could you make this work?	Goal for next time.
<i>I don't have the time or energy to prepare a nutritious meal for my family, so we're doomed for a fast-food lifestyle and obesity.</i>	<i>I feel like a failure, feel tired, feel unmotivated</i>	<i>I don't know what to make. I don't have the ingredients when I do want to make something. By the time I get off of work, I don't have the time before my loved one is complaining he's hungry.</i>	<i>I could prepare some foods ahead of time and put them in the fridge (like noodles and vegetables), and when it comes time to cook, just toss 'em in what I'm cooking. I could take five or ten minutes to plan out our weekly meals and do little preparations like the refrigerator idea when I do have a spare minute.</i>	<i>When my loved one goes to bed, I will spend 5 to 10 minutes making our weekly meal plan. I can wake up a little early for tiny preparations, so that when I come home from work I can make the dinner more quickly.</i>