



<b>Food choice &amp; time of day eaten:</b>	Did the food build up or tear down?  Was it for pleasure or benefit?	How did I feel physically after eating it?  How did I feel emotionally?	What else is weighing you down?  What else could fill you up?

## ***The Source for Weight Loss: Input Survey***



## Plan Adjustment:

Set Back: What was the set back?

Set Up: What happened before the set back? Were there any triggers?

Come Back: What would I do differently next time? What is the lesson learned?

Set Back	Trigger?	Set Up (Lesson Learned)	Come Back: What I will do differently next time

## *The Source for Weight Loss: Input Survey*

