OPTIFAST VERY LOW CALORIE DIET
Lifestyle Series
WITH DR CAL PATERSON
Clinical Psychologist

Worksheet 12: Pacing

How turtles beat rabbits in every *race.*

Remember that your body weight is not in your direct control, so it can be demoralising if your weight does not change in direct response to your efforts.

We will continue to use **your actions, not your weight** as the marker of your success as we move into maintenance. Watching your behaviour, rather than your weight, will give you a greater sense of control over your body. Using behaviour as your indicator will also give you the earliest and most reliable warning signs of setbacks.

Write down one activity you have been doing to manage your weight:

How often are you supposed to do this?

How often do you do this activity at the moment?

Your current percentage of success: % What is 4/5 of this? % <= my new pace

Early warning signs:

What would be some signs that things are stalling?

Circle the sign that you will be looking out for, in particular.

Remember: setbacks are not your fault. Real lasting change is hard and can get harder over time.

Protect yourself from isolation

Who knows you are working on yourself?

Who is the most supportive person in your life these days?

How do they support you?

Who else could you bring into your plans?