



WEIGHT LOSS PROGRAMS

Cheat Sheets - SESSION 12

Last Session!

MY SUCCESS AND MY NEW GOALS

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THREE WORDS (OR MORE) TO DESCRIBE HOW YOU FEEL!

The 7 CogniDiet® Truths

- Sugar is sneaky, and it will make a come back; stay vigilant
- You are your own life and diet chiseler
- Avoid/manage stress
- Exercise is a must
- Every change, even the smallest, is a victory
- Your mind leads your actions
- Have fun, love yourself, be positive, we only live once.

Your New Behaviors

- Proudest achievement(s) and new habits/behaviors
- What have you learned about yourself?
- Aha moments
- Major new Positive Automatic Thoughts (PATs)
- Major challenges encountered

What Have You Changed in Your Lifestyle?

- About:
 - Eating
 - Exercising
 - Stress reduction
 - Other
- How will you sustain this new lifestyle?

My New Behaviors/Choices

My Achievements	
Eating Behaviors (ex: new choices, eliminations, portion sizes, snacks, food types...)	
Stress Reduction (ex: priorities, learning to say no, new activities like meditation, yoga...)	

My New Behaviors/Choices

My Achievements	
Activity/Exercise Level (i.e. I exercise now, I started a new sport, I hired a trainer) Be specific!	
Nutrition IQ - what you learned on The CogniDiet, i.e. the role of fiber, the impact of sugar, the role of muscles, etc.	
Other changes (job, friends, lifestyle in general)	

My New Behaviors/Choices

New Goals for the Next 12 Months	
Nutrition	
Exercise	
Stress	
Others (career, life, family etc.)	

My Achievements and How I Will Celebrate

Ex: I am confident and feel beautiful

Ex: I will splurge in a new gym membership, I will get a massage and a pedicure etc.

THANK YOU!

Good Luck!

**A Short Survey Will be Sent
Usually 4 Months After You
Registered**