

Manage Your Food Cues Activity

Pick at least one of the following cues that apply to you and describe the process that you will use to manage that food cue.

- a) A special family event is planned next week. You know from past history there will be a lot off food and you typically go away feeling “stuffed full.”
- b) You typically eat meals and/or snacks while watching TV and eat too much.
- c) You eat too much when going out with a particular group of friends or family members.
- d) You eat at a Chinese Buffet at least once a week with the family and eat too much because of all the food choices. You leave the restaurant feeling overly full.
- e) You are facing another holiday meal. Aunt Betsy makes at least 3 desserts for the holiday dinner and they are your favorites.
- f) You find yourself bored in the evening, which has led to grazing throughout the evening.

Describe the Eating Event	Event #1	Event #2
Do I want to adapt to this situation or avoid it? (There may only be one solution to either adapt or avoid)		
What do I do to adapt to this situation (if I chose not to avoid it or cannot avoid it)?		
What is the best solution to work through this eating situation?		
What steps should I take to cope with this eating event?		
How do I gauge my success with this new approach?		
How do I revise my plan if it didn't go well the first time?		

