



Weight Loss Rebate

Behavior Changes

WEIGHT LOSS REBATE — \$60-\$150

To qualify, BMI must be greater than or equal to 25. To earn the rebate:

- **\$60:** Lose 10 pounds and maintain this loss for six months.
- **\$1** per each additional pound up to \$50.
- **\$40:** Behavior Goals= 100 points + 10 lb. weight loss AND six month maintenance.

BEHAVIOR GOALS — 10 points each

	Points	Times	Total Points
<input type="checkbox"/> Track your nutrition and physical activity for one week. <i>(If you would like a Nutrition & Activity Tracker, go to www.checkyourhealth.org or call 888-222-2542.)</i>	10 pts.	x	=
<input type="checkbox"/> Eat at least five fruits and vegetables per day for one week.	10 pts.		
<input type="checkbox"/> Try at least two new low-fat dishes during one week.	10 pts.		
<input type="checkbox"/> Change at least one eating behavior and maintain for three months. <i>(Examples of eating behaviors are listed below.)</i>	10 pts.		
<input type="checkbox"/> Accumulate 30 minutes of physical activity per day for one week.	10 pts.		
<i>Grand Total Points =</i>			

Examples of eating behaviors that may assist you in losing weight:

- Avoid eating while doing any other activity like watching television, working, reading, driving, etc.
- Slow down. Really taste, savor and enjoy your food.
- Choose one room in your house and eat only in that room.
- Use a small plate for your meals.
- Do not keep or serve food from the table where you are eating.
- Pay attention to your hunger level. Eat only when you are hungry and stop when you are full.
- If you have to buy less healthy foods, place them out of sight and in difficult-to-reach areas of the refrigerator or cupboards.
- Scan your house for easy-to-grab, unhealthy dishes of foods like candy or chips. Remove them and place them in your pantry instead.
- Place bowls of fruit in an accessible area of the kitchen and on your desk at work.
- If you feel hungry, first take a few drinks of water to determine if you were actually hungry or thirsty.
- When you have an emotion that makes you want to eat, find a distraction. Go for a walk, call a friend, take a warm bath, read, work on a puzzle, play cards, write, or sew. Try different types of distractions for at least 15 minutes and see if the need to eat goes away.
- Other behavior: _____
- Other behavior: _____
- Other behavior: _____
- Other behavior: _____