

Mapping your “Best Weight” Journey

Name _____

Date _____

Your “Best Weight” is a weight you achieve while living the healthiest lifestyle you can truly enjoy.

It's important to know that your “best weight” is probably not the same as your goal weight. Your best weight may also not be one specific number, but rather a range where you have the health benefits of weight loss while living a lifestyle that you enjoy.

Below is an example of what a weight journey may look like. It's normal for your numbers to go up and down as you find and maintain your best weight.



BEST weight: A sustainable weight range that supports your health and happiness.

GOAL weight: A specific, ideal weight that you want to reach.



You may find as you get closer to your best weight that your weight loss slows down, which we refer to as a weight plateau. This is a normal response to protect against too much weight loss, as your body sees it as a threat to its survival.

Everyone's weight journey is unique, and is often not a straight path.

Charting your story

Draw your weight history below, and include important events and changes that you think account for some of the weight fluctuations over the years.

The goal is to understand your overall story.

Here are a few examples of life events you might want to include: college/university, hormonal changes (pregnancy or aging), commercial weight loss program, longer distance to work

Weight

Year

Understanding your weight journey

To add even more context to your graph, consider the following questions to provide a fuller picture of your weight journey:

1. What do you think are the most important or life events that contributed to your weight changes in the past?
2. What was your highest and lowest weight as an adult?
3. Is there anything that wasn't captured in the graph that your healthcare professional should know about?

Bring your chart and your answers to your next appointment with your healthcare professional so you can discuss your story and strategies to maintain your best weight.

Reference: Freedhoff Y, Sharma AM. Best weight: a practical guide to office-based obesity management. Canadian Obesity Network; 2010.



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Identifying your high-risk times of day

Name _____

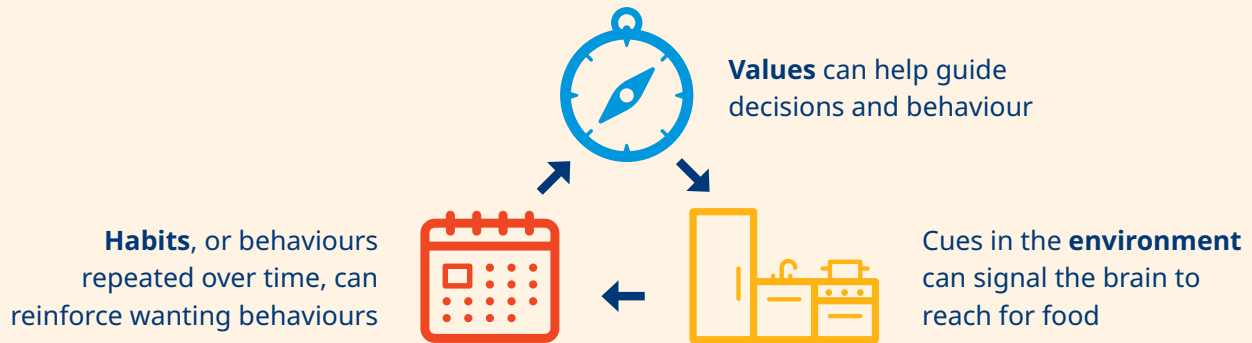
Date _____

We all experience times of the day where we are at higher risk of wanting certain foods—and knowing when you're most likely to have these feelings is an important step in understanding and changing your behaviour.

Wanting is a strong feeling or motivation, influenced by our environment, which drives us to seek food—and can occur when we are not even hungry!

Why do we experience wanting?

Wanting is the interaction between habits, values and our environment.



**Everyone's wanting, habits and environment are different.
Let's find out more about your high-risk time of the day.**



Identifying your high-risk time(s) of the day

Let's explore the times of the day that may trigger wanting.
Circle any times below where you may be at higher risk:



6 am

9 am

12 pm

3 pm

6 pm

9 pm

12 am

3 am



**Identifying and addressing your high-risk times of day
can support healthier eating habits.**

Reflect on your high-risk times of day by asking the following questions:

Where are you?

What are you feeling at this time?

Who are you with?

How often has this happened before?

What do you think is contributing to this high-risk time?

I often reach for food when... (circle all that apply)

- | | | |
|---|--|---|
| ☐ I am bored | ☐ Food is in front of me | ☐ I am in front of TV/computer |
| ☐ I am stressed | ☐ People around me are eating | ☐ I am distracted |
| ☐ I am sad/depressed | ☐ I am busy | ☐ I am tired |
| ☐ I am happy/celebrating | ☐ I am hungry | Other: _____ |

Now that you have identified the scenarios that trigger wanting, you can try these strategies to help develop some new habits.

- | | | |
|---|---|------------------------|
| • Get absorbed by work/a book/
a show or movie | • Listen to a song | • Reflect on my values |
| • Drink a glass of water or tea | • Talk to a friend | • Go for a walk |
| • Do a chore around the house | • Do some deep breathing
or meditation | • Write in a journal |

Plan for success

By recognizing your high-risk times and practicing these strategies, you can break the cycle of wanting and develop new habits. Let's try building a plan for the next time you're in a high-risk time.

For example, when I'm experiencing wanting because I am stressed, I will write in my journal.

When I'm experiencing wanting because _____,

I will _____.



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