

After watching the Healthy Living Modules, please complete this worksheet and bring to your next appointment.

### Module 1: Thinking Well

- What unhelpful eating behaviours shown in the modules were you able to identify with or relate to?
- Is sleep a problem for you, if so, what might work for you to address this?
- What is one helpful strategy that you think would help you cope with stress that is not food related?

### Module 2: Eating Well

- Describe what a balanced meal looks like to you.
- Identify three types of good, quality protein foods that you enjoy.
- Planning is a key to long term success. Identify a situation in your daily life where you could plan ahead to meet your nutrition goals.

### Module 3: Living Well

- Seeing your health care provider regularly and following your treatment plan is a key to a healthy lifestyle. Identify a health concern that you could manage more effectively.
- What are some factors in your life that contribute to obesity?
- Daily activity is a key to long term success. What limits you from being active? What are some of the tips from the module that you could use to make exercise a part of your day?
- After watching the modules, do you feel there are barriers holding you back, if so, please list these barriers.

