

## Love Yourself Healthy Challenge - Day 1 Worksheet

For this worksheet, consider “**dieting**” to be any eating patterns and/or meal plans designed for

- Weight loss: Weight Watchers, Atkins, Keto, etc.
- Bulking up: High-protein, The Zone, Carb-loading and cutting, etc.
- Improving health: Clean eating, Vegetarian/vegan, 30-day no sugar challenges, etc.

1. When did you start dieting? \_\_\_\_\_

2. What percentage of your adult life have you spent “on a diet?” \_\_\_\_\_

3. Before you ever dieted, how much did you weigh or what size were you? \_\_\_\_\_

4 List all the diets/dieting tricks you have tried, how much weight you lost, and how much you regained.

Diets / Dieting Tricks	Weight Lost	Weight Regained

5. Which diet plan or trick worked best for you? Why do you think that it worked best? \_\_\_\_\_

\_\_\_\_\_

6. What did you (or do you) like about dieting? \_\_\_\_\_

\_\_\_\_\_

7. What did you (or do you) dislike about dieting? \_\_\_\_\_

\_\_\_\_\_

8. After all the dieting attempts, how much do you weigh now / what size are you? \_\_\_\_\_

9. Is this more or less (bigger or smaller) than answer to question 3?    ☐ More/Bigger                      ☐ Less/Smaller

10. Considering all of the above - how do you think diets work for you personally in the long-term? \_\_\_\_\_

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