



# Homework

Thanks for coming to Steps Class. We discussed the items on the list below and you will want to work on this list starting TODAY to set yourself up for success. Remember the more you get in place before surgery the easier it will be after surgery.

- Supply my kitchen with standardized measuring cups, measuring spoons, and a small food scale.
- Move my big plates to an inconvenient cupboard.
- Stock my cupboard with small plates, bowls, and utensils. Get sushi dishes, tasting plates, and appetizer cutlery.
- Clean out my pantry, freezer, and refrigerator of junk food.
- Cut up all my food into little pieces before I take my first bite.
- For at least one day, I'll look at everything I eat and drink and rank it on the 0-10 scale, remembering 4-7 is the safety zone.
- Write my distraction list of things I can do that do not involve food to keep myself busy.
- Write my list of reasons why I am having surgery to remind myself when I hit bumps in the road.
- Find an app or online program for food tracking and start using it.
- Say something nice to myself every day.

*P.S. If you are due for a colonoscopy, it's a good idea to get it done BEFORE your weight loss surgery.*

Other things I need to work on:

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