



Andrea Moore, MD

Eating Off Plan in the Moment Worksheet

Staying on plan means staying true to your commitment to yourself. Sometimes though, because we are human and we are not in the habit of being committed to ourselves, we eat off plan. There are little quits, like when we grab an extra handful of nuts while cooking dinner and then there are the big quits where we decide to eat whatever we think is what we want in the moment. This is all normal because this is a learning PROCESS. We are learning how to feed our bodies and we are learning how to rewire our brains. Mistakes happen but the important part is learning what triggered our action and how to change that action so we get the result we want. I would like for you to use this worksheet to help you get back on track and not as an exercise to beat yourself up. If you find yourself using words like guilt and shame, I want you to think of other ways to describe what happened. Remember, its all just food.

1. What did you eat off plan? Be specific.

2. In the moment, what reason did you give yourself for eating off plan?

3. How were you feeling in the moment?

4. How did you feel afterwards?

5. Do you like your justifications today? Why or why not.

6. Do you feel like something specific triggered this event?

7. Is this something that can happen again?

8. How can you act differently in the moment to change the outcome?

Use this sheet anytime you eat off plan. I recommend you make some copies and keep handy, just in case. Spend some time coming up real solutions to eating off plan and remember to stop beating yourself up for falling off the wagon because there truly is no wagon. There is your brain and there is food and we will learn what works for you.