

STARPLAN

Steps to Avoid Regain

A stylized star logo with a blue outline and a red-to-blue gradient fill, positioned below the 'PLAN' part of the STARPLAN title.

WEIGHT MAINTENANCE PLAN

Client Manual

NEW DIRECTION®
WEIGHT MANAGEMENT SYSTEM

ROBARD CORPORATION

Leaders in Weight Management

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S.T.A.R. Plan Introduction

REACH FOR THE S.T.A.R.S—STEPS TO AVOID REGAIN

Congratulations, you have achieved your goal weight! Now what?

The S.T.A.R. Plan was developed for *you* and is a premier plan for comprehensive weight maintenance. Many plans have been developed to help people lose weight, but comparatively little attention has been given to maintaining weight loss. The regain of lost weight, called recidivism, can be as high as 75 percent following some weight loss programs. You may wonder why this might be. We believe one reason is the lack of a creative, supportive weight maintenance plan at the end of weight loss. Practicing weight maintenance is what prepares the successful dieter for long-term weight management. That is why we've incorporated the S.T.A.R. Plan—Steps To Avoid Regain—into our core program offerings to provide added tools that will help you develop permanent lifestyle changes.

The plan is based on scientific studies about long-term weight maintenance; we examined the best available practical applications, and listened to real life experiences of clients and professionals alike to create a recipe for your long-term weight maintenance success. One source of valuable information has been the National Weight Control Registry (NWCR). The registry, which tracked more than 5,000 dieters who lost more than 30 pounds, found the “secrets” to staying at the same weight over time. These “secrets” are incorporated into the S.T.A.R. Plan and include features such as regular physical activity, frequent monitoring of weight for small changes and use of meal replacement and protein supplements to curb hunger and support optimal nutrition.

The S.T.A.R. Plan builds on what you started. During weight loss you were given weekly support and started incorporating some new behaviors in your daily routine that allowed you to better manage your calorie intake and learn to make healthy food choices. You will strengthen the behavior changes you used to lose weight, firmly embrace the core S.T.A.R behaviors that keep weight off, and learn how to act on new challenges that might threaten your stable weight. In addition, it will help expand your motivational and self-monitoring skills, teach you to appreciate your new self, encourage an optimistic attitude, and help you create personal goals that matter.

A NEW APPROACH—TAKING **STEPS TO AVOID REGAIN**

S.T.A.R. Zones

During maintenance, you will always fall within one of three zones. That zone will guide you in maintaining your weight or raise flags on when you need to refocus and modify your behaviors. The zones help you manage your normal, small weight fluctuations and any larger fluctuations that may arise. Your weight maintenance journey is divided into in three zones:

GREEN SAFETY ZONE

The desired weight you achieved, your goal weight, within three to five pounds. The purpose of the Green Safety Zone is to reinforce the core behaviors which stabilize your weight and to keep you actively focused on weight maintenance.

YELLOW CAUTION ZONE

On occasion, you might slip and regain weight beyond the three-to-five pound safety zone and are unable to easily fall back to the Green Safety Zone. This is your Yellow Caution Zone, where you need to be cognizant of your habits and attitudes. You will be directed to self-assessment activities to help get back on track.

RED CORRECTION ZONE

This is defined as having gained more than five to eight pounds, which puts you in significant danger of continuing to regain excess weight. You will need to increase physical activity and reactivate weight loss efforts with a new plan or familiar proven methods you've found successful in the past, along with increased time and support from your S.T.A.R. coach. It is now vital to avoid the common tendency to slip back into the comfort of your old eating style and behaviors that cause weight gain.

GETTING STARTED: INTRODUCTORY GROUP MEETING

During the first meeting, the S.T.A.R. Party, is where the spotlight is on celebrating your weight loss success and learning about the S.T.A.R. Plan. By doing a short Star Gazing exercise, you will be able to bask in your initial weight loss success and light your path to long-term success. At this early maintenance stage, you will write about what you have learned from your weight loss experience, confirm the benefits of your hard work to lose that excess weight and start to explore any questions or concerns you have about maintaining a healthier lifestyle. Before leaving the introductory group meeting, you will be scheduled for two (2) one-on-one sessions with your S.T.A.R. coach.

Visit #1 with S.T.A.R. Coach (Individual appointment)

Your first visit will focus on defining your goals. To begin, you will complete a Green Safety Zone Contract. You and your S.T.A.R. coach will completely define your plan—from how (and how often) you will be in contact, to how you will keep records, what behaviors you will track, your Personal Eating Plan and even your Personal Exercise Plan. You will be directed to write a personal gratitude each day.

Visit #2 with S.T.A.R. Coach (Individual appointment)

In your second one-on-one session, you will Chart Your Course, exploring and anticipating the sorts of detours or roadblocks that could get in your way of sustaining your new weight. You will also outline a Personal Back-up Plan, which will help provide clear direction when circumstances change and you need a map to get back on track to return to your Green Safety Zone.

S.T.A.R. Encounters (all additional visits)

At each visit following the two initial sessions, you and your coach will address basic behaviors closely associated with maintaining a healthy weight at each S.T.A.R. Encounter session. You will weigh in, provide information from your logs and diaries—physical activity, nutrition, sleep, screen time (TV/computer), possible relevant optional health logs, etc.—and bring back your completed worksheet for discussion. Regular participation in the plan can be set up in a variety of ways. You may have weekly or regular group meetings and/or individual appointments. Either way, you will need to have weekly contact with your S.T.A.R. coach. For the first three months, you will be scheduled to have weekly support, preferably in-center, but contact can be done by phone when circumstances require.

Keep It Up

To be successful and have consistent support though the different challenges each new season brings—including holidays and family occasions—it is strongly recommend that you make a two (2) year commitment when you enter the S.T.A.R. Plan to achieve optimal success.

S.T.A.R. POINTS CLUB AND SPECIAL EVENTS

As an extra incentive to keep you in the Green Safety Zone, your S.T.A.R. Plan may offer activities which will allow you to accumulate S.T.A.R. Points. Points will be redeemable for gift and service promotions. The longer you stay in the Green Safety Zone, the more points you can earn. Periodically there may also be special "Go Green!" group events or contests in which you can participate or help organize. Your plan director or S.T.A.R. coach can provide you with more information.

How does the S.T.A.R. Plan Work?

SALLIE'S STORY: A SAMPLE JOURNEY THROUGH THE S.T.A.R.S

Sallie, a 5'5" 43-year-old woman, she has been very happy with her weight loss progress, she's taking less medication and is feeling great, having lost 32 lbs in the past four months. Now, weighing 142 pounds, she is determined to stay at this comfortable weight. In past weight lost efforts, she aimed at reaching a lower ideal weight, touched as low as 135 pounds for maybe a day, and then turned around and gained it all back (and then some!). This time, though, her approach in weight loss was focused on improving her health for herself and her family. Keeping the weight off was going to be different. With the help of her weight loss coach, Sallie would keep making healthy and satisfying food choices and to keep up and expand a regular exercise schedule. Let's find out how she did it!

Sallie Discovers the S.T.A.R. Plan

As Sallie reached the end of her aggressive weight loss program, her coach told her about a new program. Its focus was to give support while you take the "Steps to Avoid Regain;" it was the S.T.A.R. Plan that was being offered right here at her weight loss center. Sallie was invited to a S.T.A.R. Party the next week to learn more. She attended and liked what she heard and decided to sign up because:

- ★ S.T.A.R. would provide long-term support.
- ★ She would create a personalized plan to keep her at her new healthy weight.
- ★ The plan focused on building alternative coping skills to avoid past pitfalls.

Working with her S.T.A.R. coach, Sallie completed the S.T.A.R. Plan Contract and decided on just how much weight fluctuation could be safe for her. She especially liked having weekly contact with her coach. Even if she could not make an office visit, she had a scheduled phone Encounter with her coach and could even forward her tracking records by email.

After the first couple of weeks Sallie started to notice days when she stayed up late watching TV —she was losing sleep and felt too tired and tended to skip exercise the next morning. Her S.T.A.R. coach suggested she make a list of alternative activities instead of watching TV to fill her evenings. He also recommended ending each day by spending a few minutes to review her daily S.T.A.R. Log. She made her list of alternative activities and was surprised to find how stopping to reflect each day helped her appreciate the good things in her day and to make a plan for tomorrow. As a result, Sallie was watching less television and getting an adequate amount of sleep.

More Success

During her first three months on the S.T.A.R. Plan, Sallie was intrigued by the variety of worksheets provided by her coach. She particularly enjoyed the Life Passions Inventory worksheet. She had not previously realized she had spent so much time and energy trying to lose weight over the years that she lost touch with other interests. Taking time to reflect on what was meaningful in her life revealed a new sense of purpose. As she started acting on these interests she noticed her enthusiasm building as she learned new things and reconnected with people and things she loves. It had been years since she took an art class and she started volunteering to work with local seniors.

She still sent a weekly email to her coach to report on her weight and, instead of reporting how low her TV viewing time was, she started reporting how many hours she was painting and volunteering. For her program she still stopped in monthly to visit her coach and sometimes picked up a few products to use as snacks along with dropping off that month's S.T.A.R. Log. She even added a new picture to the Green Safety Zone board after her next successful weigh-in.

The Holiday Challenge

As Fall turned to Winter, Sallie became stressed about the year-end project deadline at work and some household repairs that gave added financial worries on top of planning holiday shopping. She started spending extra time at work, grabbing pizza for a quick lunch. She didn't even notice how many times she picked up a cookie when she passed the tray by the copy machine. She started to forget to fill in her daily log and skipped her daily walks because of time pressures to get everything else done. Her weight was up six pounds when she finally did make it to her rescheduled visit with her S.T.A.R. coach. She was now firmly in her Yellow Caution Zone.

At this visit, Sallie found that her coach knew just what to do. They reviewed her **S.T.A.R. Gazing Worksheet** and her **Lucky S.T.A.R.s Top 10**. Sallie was surprised when she saw what she'd written months earlier —“the holidays” usually caused her to get stressed and gain weight. And, a helpful thought she had written to herself made the biggest impact on her... “Remember to take care of **me** so I can take care of others.”

Sallie and her coach completed her Yellow Zone Worksheet and completed an Action Plan sheet. Keeping it specific, she decided that next Tuesday she could get an evening walk by taking her sneakers to work and then spending a half-hour walking the mall before shopping. She could even pick up a gift card and those two presents she wanted to get while they were on sale that week. Saving time and money is just what she needed.

To simplify her daily log she would focus on counting fat grams, and use a meal replacement for breakfast and a protein bar each afternoon. She made notes on her new log including a firm appointment to speak with her coach at 7:00 p.m. every Wednesday to check in. Sallie felt more settled and continued to work at balancing her time and letting go of self-imposed stress. She even found a few of her drawings made perfect family gifts and found that she got back to the Green Safety Zone before New Year's!

Time Passes. Another Hurdle

It's been over a year and Sallie has continued regular contact with her coach. She shared the news that before her kids started high school her husband was taking a new job and things would be changing as they moved to another town in the region. After a few weeks of packing and getting resettled, Sallie was alarmed to find she had entered the Red Correction Zone. She and her family had been eating out or calling for take-out during the move, new neighbors had brought a cake and another made homemade cookies. Her scale had been packed away longer than she realized. And she knew she was struggling with mixed emotions of leaving old friends and her regular support system, and establishing new connections and adapting to a longer commute.

Working Back from the Red Corrective Zone

She talked with her coach but really enjoyed learning about a new webcam feature so she was now able to see her coach again. When they reviewed diet plans that had worked in the past they decided to go with the **Quick S.T.A.R. Plan** with planned meals and two meal replacements and two high protein snacks daily. She was really pleased to have a simple to follow plan since her kitchen was still disorganized. Sallie scheduled a Saturday visit to see her coach and some good friends. Her coach showed her some new online resources and they worked through a great self-assessment tool Sallie hadn't seen before. Best of all her coach pulled out the letter Sallie had written to herself. Sallie was re-energized and within four weeks she was closing in on her Green Safety Zone weight.

Keep Working YOUR Plan

Sallie updated her back-up plan and reflected on how much more she knew about her inner strengths and her personal life passions. Every day would have new challenges and Sallie was feeling good that she was able to face the next life challenge that came her way. She had been making some new friends, found an art class at the local high school and found several members of the class were planning an Art Walk Fundraiser... and she was going to join them!

So let's get ready to reach for the S.T.A.R.s!

A MAP OF THE S.T.A.R.S

S.T.A.R. Party Meeting

- How Does The S.T.A.R. Plan Work? (The “Sallie” Story)
- Complete the S.T.A.R. Gazing Worksheet
- Client registration for the S.T.A.R. Plan
- Schedule client’s initial “Charting Your Course” appointment

Charting Your Course—Visit One

(Individual appointment with S.T.A.R. client)

Introducing the S.T.A.R. Plan Contract to the Client:

- S.T.A.R. Plan Contract
- Commitment to yourself
- Set your Starting Point
- Establish Core Behaviors
- Personal Healthy Eating Worksheet
- Calculate Your Maintenance Calories
- Determine Physical Activity Goals
- Institute Lifestyle Behaviors

Charting Your Course—Visit Two

(Individual appointment with S.T.A.R. client)

- Creating Your Back-up Plan
- Review Standard Encounter Form
- Review Action Plan Form
- Review the S.T.A.R. Log and Resource Pack
- Review Suggested Client Reading List and Websites

Client Encounters Begin

Green Safety Zone—12 Worksheets

- My Lucky S.T.A.R.s Top 10
- My Weight Story
- Get Your Motivation Back!
- Personal Pride and Confidence
- Life Passions Inventory
- Attitude Adjustment
- Nurture Your Emotions without Excess Calories
- Support Team—Relationships and the Buddy System
- Making Your Exercise Plan Vital
- Behavior Detours and Shortcuts
- What Makes a Great Day?
- Kitchen Makeover

WORKSHEETS OVERVIEW

Your S.T.A.R. Coach will provide you with all worksheets.

Form	When to Use/Purpose	Instructions
S.T.A.R. Gazing Worksheet	<p>When to Use Introductory group meeting. S.T.A.R. coach will provide you with the S.T.A.R. Party meeting.</p> <p>Purpose Reflects on your weight loss journey.</p>	Complete first question in the group setting and discuss with group. Complete remainder of form on your own and bring to your first office visit. When complete, place it in your Client Manual under “My Worksheets.”
S.T.A.R. Plan Contract/Personal Healthy Eating Plan Worksheet	<p>When to Use First Office Visit</p> <p>Purpose Establish your commitment to the S.T.A.R. Plan. Determine weight zones, core behaviors, as well as personal eating and physical activity plans.</p>	Make these behavior decisions and commit to tracking behaviors and return for next visit. When complete, place it in your Client Manual under “My Worksheets.” Samples of these worksheets are included in this manual.
Creating Your Back-up Plan	<p>When to Use Second Office Visit</p> <p>Purpose Develop a back-up plan for rough times or new challenges.</p>	Work through questions with your S.T.A.R. coach. When complete, place it in your Client Manual under “My Worksheets.” A sample of this worksheet is included in this manual.
Action Plan	<p>When to Use During every visit with your S.T.A.R. coach.</p> <p>Purpose To make concrete plan of action.</p>	A sample Action Plan is included in this manual.
Standard Encounter Form	<p>When to Use To be completed <i>before</i> every visit with your S.T.A.R. coach.</p> <p>Purpose To complete checklist of core behaviors and track physical activity vs. contract. Set new goals and work on selected worksheet topic.</p>	Complete an Encounter Form for every visit. S.T.A.R. coach will review these with you. A sample Encounter Form is included in this manual.
S.T.A.R. Log	<p>When to Use Daily</p> <p>Purpose To track food, physical activity, weight and core behaviors from the Green Safety Zone Contract.</p>	Brings back to review with your S.T.A.R. coach at each visit.

<p>Green Safety Zone Worksheets (12 total)</p>	<p>When to Use Your S.T.A.R. coach will provide to you at each Encounter.</p> <p>Purpose For continued motivation, self assessment and growth.</p>	<p>Your S.T.A.R. coach will select worksheets based on your needs. When you complete a worksheet, review it with your coach and place it in your Client Manual under “My Worksheets”</p>
<p>Yellow Caution Zone Worksheet</p>	<p>When to Use S.T.A.R. coach will provide, if needed.</p> <p>Purpose Review of past successes and realignment of planning.</p>	<p>Have a one-on-one meeting with your S.T.A.R. coach. Write an action plan.</p>
<p>Red Correction Zone Quick S.T.A.R. Meal Plan</p>	<p>When to Use S.T.A.R. coach will provide, if needed.</p> <p>Purpose Based on specific issues, use past work sheets to redirect focus to what is most meaningful/desirable.</p>	<p>Have a one-on-one meeting with your S.T.A.R. coach. Review the meal plan. Use self-assessments or redo past worksheets to define current motivation. Revisit the Back-Up Plan and make changes.</p>

RECOMMENDED FREQUENCY OF VISITS

It is recommended that you make a 2-year commitment to the S.T.A.R. Plan.

WEEK	
1	S.T.A.R. Party
2	Create a S.T.A.R. Plan Contract
3	Create a Back-up Plan
4	
8	Green Safety Zone — Monthly visits
12	Yellow Caution Zone —Come every two weeks
16	Red Correction Zone —Come every week
20	
24	
32	Green Safety Zone — Four bi-monthly visits (every other month)
40	Yellow Caution Zone —Come every two weeks
48	Red Correction Zone —Come every week
56	
68	Green Safety Zone — Four quarterly visits (every three months)
80	Yellow Caution Zone —Come every two weeks
92	Red Correction Zone —Come every week
104	

INTRODUCING THE S.T.A.R. PLAN CONTRACT

Maintaining your weight for the months and years to come may be a new concept to you—in the past, at this point, you might have dusted off your hands, said project done, and gone on with your life. The problem is that you found yourself 10, 20, or maybe 50 lbs heavier in just a matter of time. You lost focus on your weight and perhaps slipped back into old habits that caused you to gain weight in the first place—the proverbial yo-yo syndrome.

The S.T.A.R. Plan is Your Solution

The S.T.A.R. Plan Contract is designed to keep you on track with **core components** that were successful for people who have lost 30 pounds or more and kept it off for a year or longer. Successful weight maintainers **approach weight maintenance as their next goal**. They pay careful attention to the behavior modifications they made to lose weight. Frequent self-weighing not only gives them consistent feedback, but also indicates the continued focus to not regain. And, they react to a small weight gain before it becomes unmanageable.

Now you will build your personal version of these core components to keep you safely in your preferred weight range. You will strengthen the skills that have brought you to this weight. What have you been doing well —and how will you keep doing it? Let's design your Personal Weight Maintenance Plan using the S.T.A.R. plan contract.

INSTRUCTIONS FOR THE S.T.A.R. PLAN CONTRACT

Schedule a one-on-one meeting with your S.T.A.R. coach to complete your Green Safety Zone contract. A sample copy is provided in Section Two.

Part 1. Commitment to Yourself

First you need to commit to participate in our plan. It is best to continue with regular contacts with your S.T.A.R. coach as you maintain your weight and then extend the time between contacts as you increase your independence. For best results, at least a two-year commitment is recommended. Fill in Part 1 with your stated time commitment, including the start and end dates.

Part 2. Set Your S.T.A.R.(T) point

Is the weight you have achieved at this point in time the weight you want to maintain? Mark the weight you want to maintain in the contract. Your Green Safety Zone weight should be no more than three to five pounds over your start weight. This range of weight allows for natural body weight fluctuations such as fluid retention, menstrual weight, or digestive function. Mark this weight down. The Yellow Caution Zone is the weight that is above three to five pounds over that top safe weight, based on a weekly average of five-to-seven daily weigh-ins. If your weight stays in the Yellow Caution Zone for longer than one to two weeks, you will move to your pre-determined Yellow Caution Zone. If your weight continues to rise, you will activate the steps for the Red Correction Zone with your S.T.A.R. coach.

PART 3. CORE BEHAVIORS

These are the core behaviors reported by researchers to be of top importance for successful weight maintenance. To firmly establish the skills necessary to stay at your new weight, it is best to consider these behaviors mandatory.

Weighing

Weigh yourself daily and keep a record that you share with your S.T.A.R. coach.

Support

Develop a support plan with your S.T.A.R. coach. You need to meet face-to-face regularly with additional contact via email and/or phone calls. Specify what works best for your situation and how you want your coach to contact you should you miss any check-ins.

Recordkeeping

Those who successfully maintain their weight keep some type of record of their food intake, especially during maintenance. Tracking your nutrition is vital to ensure your success. You can use the S.T.A.R. support materials to choose how you will track food intake.

Breakfast

You must eat breakfast daily. Breakfast “breaks the fast” of sleep, and is an opportunity to eat nutritious foods to fuel your morning. Studies show mental performance is better in children who eat breakfast, and people who start the day with food have more success at weight loss and maintenance. Hopefully, you have already established this core habit.

Screen Time

Mindless sedentary activity has become a problem—we move less, and thus need fewer calories. How many hours do you spend in front of the TV, computer (do not include work) and video games? You need to be aware of the amount of time you spend in front of a screen. Participants who were successful in maintaining their weight in the National Weight Control Registry spent 10 hours or less screen time a week. You will log in the screen time in your [Tracking Guide](#), and work to reduce this time, which will be determined when you complete your S.T.A.R. Plan Contract.

Eating Out

The successful maintainers ate out (including take-out) no more than three times a week. How much do you eat out? Can you set a reasonable limit that will help with maintaining your weight? Mark down your intentions.

Sleep

Research has shown the link between obesity and sleep. Be sure to schedule an average of seven-to-eight hours of sleep every night. Write down hours of sleep on your tracking form.

PART 4. PERSONAL EATING PLAN

What is your Personal Healthy Eating Plan? You have learned what it takes to lose weight, and now you need to develop a long-term maintenance eating plan. There are multiple options provided for use during maintenance. Use the Personal Healthy Eating Plan worksheet and review the options with your S.T.A.R. coach to define what will work best for you. Together, you may agree on a combination of options to allow you to adapt for weekends, vacations and special occasions.

PART 5. PHYSICAL ACTIVITY

Physical activity is one of the most important core components of successful maintenance. Continuing your physical activity is vital for your physical and emotional health. The Federal government recently released its first ever comprehensive Physical Activity Guidelines for Americans describing major research findings about the health benefits of being and staying active. Public health recommendations state that we should exercise 30-60 minutes on most days to prevent weight gain. Develop a regular exercise program that you like. Employ exercise routines that were successful for you in the weight loss phase. Exercise experts recommend that you change your program every three-to-six months so that your body continues to be challenged by the exercise.

You need two types of exercise—strength training and aerobic. The Federal guidelines recommend strength training at least two days a week. For aerobic exercise, you might change your plan somewhat from what you did to lose weight. Fill in these areas on the contract. Describe the activity and how many minutes and days a week you will do it.

You might have used a pedometer to monitor your activity during weight loss. If so, what was the average number of steps you took for weight loss? It is typical to burn about 100 calories for each 15 minutes of walking, which is about 2,000 steps (roughly one mile). What amount would help you maintain your weight? Fill in the number.

PART 6. LIFESTYLE BEHAVIORS

During weight loss, you made changes to your personal eating habits that supported your success—what were those changes? You will need to reinforce these habits awhile longer so they truly become *lifestyle* changes. Make a list of a few areas requiring attention because these were problems when you gained weight. Track these behaviors in your Tracking Guide, including location of eating, speed of eating, measuring portions, emotional check, hunger levels, menu planning, blood sugar testing, etc.

Appreciating Life

Take a moment every day to think about
what you are grateful for and
make a notation on your S.T.A.R Log.

S.T.A.R. Plan Contract (Sample)

Congratulations! You are a S.T.A.R.! You have reached your new healthy goal weight. Maintaining this weight may be a new experience, especially since you have worked for some time to lose weight. You have made effective changes and now need to not only maintain these changes, but prepare yourself for new life-long challenges to keep your weight stable. With your commitment to participating in the S.T.A.R. Plan, you are enlisting the best resources possible: Steps To Avoid Regain.

This Contract will help you develop a Personal Weight Maintenance Plan.

Part 1. Commitment to Yourself
I agree to participate in the S.T.A.R. Plan for the next <u>two</u> years.
Starting date <u>6/2/2010</u> Ending date <u>6/9/2012</u> .
I will have regular contact with my S.T.A.R. coach on a schedule that is weekly for the first three months, monthly for the remainder. I have the option to increase contact as needed.
Type of contact and when <u>wednesdays at 7pm. In person, then switch to phone calls.</u>
Part 2. Set Your S.T.A.R.(T) Point
My S.T.A.R. point weight is <u>142</u> lbs.
The weight I can maintain for the rest of my life is <u>about 145</u> lbs
<ul style="list-style-type: none">• My Green Safety Zone weight _____ to <u>145</u> lbs• My Yellow Caution Zone weight <u>145</u> to <u>150</u> lbs• My Red Correction Zone weight <u>over 151</u> lbs
<u>Special Health Issues</u> - target levels (list any key areas you are also monitoring) B.P.: ___/___ Fasting Blood Glucose: ___ Cholesterol: <u>↓ 200</u> A1C: ___ Other: _____
Part 3. Core Behaviors (Check off each for agreement)
<input type="checkbox"/> Daily recording of weight (Change to three times per week after three months).
<input type="checkbox"/> Schedule face-to-face meetings with my S.T.A.R. coach when possible, supported by phone calls and email. Meeting schedule: <u>wednesday at 7:00 pm</u> .
<input type="checkbox"/> Keep food record or track calories online.
<input type="checkbox"/> Eat breakfast daily.
<input type="checkbox"/> Daily Screen Time Log: No more than <u>10</u> hours/week of screentime (video/tv/computer)
<input type="checkbox"/> Eating Out Limit: I will eat out no more than <u>6</u> (4,6,8) times a month.
<input type="checkbox"/> Sleep Plan: I will sleep <u>7</u> hours each night.

Part 4. Personal Eating Plan —define the skills that will allow you to maintain your weight.

Follow my Personal Healthy Eating Plan. Option A Option B Option C. (See worksheet)
 Describe Eating Plan 100 grams of protein / 1,500 calories.

Part 5. Physical Activity

The target is to maintain a balance of calories burned (your calorie expenditure) to calories consumed that is correct for you.

Current Minutes per Day _____ Days per Week _____

My set activity levels will be:

• DAILY EXERCISE IN MINUTES:

Goal: 30 min 6 times a week = 180 minutes per week

• MY ACTIVITY WILL INCLUDE:

Pedometer step goal (average each day for a weekly goal of _____ steps)

	Specific Activity	# of Minutes	# of Times per Week
Strength training	<i>Free weights</i>	<i>30</i>	<i>2</i>
Aerobic activity	<i>Aerobics DVD</i>	<i>30 to 60</i>	<i>4</i>
Other			
Other			
Other			

Part 6. Lifestyle Behaviors

Personal behavior changes I must be careful to maintain.

1. When at home, eat at the table, sitting!
2. Pack a lunch three days a week.
3. Take nutrition bar for an afternoon snack.
4. Measure salad dressing serving.

My Pledge

The parameters above will constitute my Personal S.T.A.R. Plan to achieve weight maintenance success.

I Pledge to utilize the S.T.A.R. Plan support tools as needed when situations arise and it becomes challenging to maintain my focus and activity in any of these areas.

S.T.A.R. Plan Client Signature
Sallie

Date
6/1/10

S.T.A.R. Coach Signature

Date
6/1/10

Personal Healthy Eating Plan Worksheet (Sample)

You have successfully lost weight on a diet plan that provided fewer calories than your body needs. Congratulations. In maintenance, you need to match your calorie intake with your calorie needs. Successful maintainers from the NWCRC continued to eat a calorie-controlled low fat diet. They did not “go off their weight loss diet,” but continued to eat in the same learned manner. Selecting low fat, portion-controlled foods allowed them to sustain their weight loss long-term.

You have a number of options for designing your weight maintenance eating plan. Decide on one of the following and select this option on your Green Safety Zone Contract.

Option A

You are familiar with the concept of food groups from weight loss and the use of meal replacements and protein supplements. These are tools that will help you maintain your success long-term. During maintenance it is best to consume 1.6 grams of protein per kg of body weight. See the chart on the reverse side of this page. Look up your weight and determine a good target protein level. 100 **Grams of protein.** Continued use of one-to-two meal replacements or protein supplements per day will help you reach this daily protein intake level.

Discuss the calorie level and number of servings per exchange with your S.T.A.R. coach for your specific needs. Meal Replacements or Protein Supplements are great options.

Calorie level: 1,500 (based on target protein level)

1 Dairy 4 Veg 3 Fruit 6 Starch 8 Protein/Meat 3 Fat 1 Protein Supplements

Option B

You have been calorie counting to lose weight. Now, consider adding 250 calories a day. With your exercise adjustments, as per your S.T.A.R Plan Contract, this should keep your weight in balance.

Calorie level used for weight loss plus 250 calories/day = _____ calories

I will add these 250 calories of healthy foods as servings of:

___ fruit servings @ 60 calories =	_____ calories	} →	_____ calories
___ vegetable servings @ 25 calories =	_____ calories		
___ whole grain servings @ 80 calories =	_____ calories		

Option C

Continue at weight loss calorie level and add your choice of “Fun Foods.” My extras can include occasional sweets, alcohol, or my favorite Fun Food _____, not to exceed 1,500 calories a week.

I will track these calorie extras not to exceed 1,500 calories.

S.T.A.R. Plan Client Signature

Date

OPTIMAL PROTEIN INTAKE

It is best to have 1.6 grams of protein per kg of body weight. Use the chart below to determine grams of protein and suggested starting calorie level.

Weight in lbs.	Weight in KG	TARGET Protein Grams*	Suggested Calorie Level
	lb/2.2	kg x 1.6 of protein	
120	55	87	1200
130	59	95	1500
140	64	102	1500
150	68	109	1800
160	73	116	1800
170	77	124	2000
180	82	131	2000
190	86	138	2200
200	91	145	2200

* NOTE: Protein level will be adjusted down for clients with diabetes or those at risk for impaired renal function. Protein content will not exceed 30 percent of calories.

SAMPLE EXCHANGES BY CALORIE LEVEL

Food Group	Calories (per exchange)	1200	1500	1800	2000	2200
Dairy (non-fat)	90	2	2	3	3	3
Vegetable	25	2	4	4	4	4
Fruit	60	2	3	3	3	4
Starch	80	4	6	8	9	10
Lean Meat (oz)	55	8	8	9	10	11
Fat	45	2	3	3	4	4
		1200	1515	1820	2000	2195
Grams of Protein		88	98	119	129	139

PROTEIN SUPPLEMENT EXCHANGES

Product Type	Calories	Protein	Exchange Option
New Direction Meal Replacement	200	26-27	3 very lean meat, 1 dairy and ½ fat or 2 lean meat and 1 dairy
Meal Replacement Bars	160	15	1 starch and 1 ½ lean meat
Breakfast—Cereal w/ milk, Pancakes	110-130	12	1 starch and ½ dairy
Protein Snacks—Crunch O's, Double Bites, Pretzels, Cinnamon Swirls, Tasty Bites	120-140	10-12	1 starch and 1 lean meat
Puddings and Shakes	80-90	12	1 dairy
Soups and Lite Entrees	70-90	12	1 lean meat and 1 vegetable
Hot Beverages	70	12	1 lean meat
Fruit Drinks	60	12	½ lean meat and ½ dairy

Add Supplements to Support Your Green Safety Zone Weight

NOTE: If you enter the Yellow Caution Zone, add more supplements to replace higher calorie grocery foods.

PRODUCTS	BENEFITS
MEAL REPLACEMENTS (15 grams protein/serving, plus vitamins and minerals)	
New Direction Products (200-210 calories) Chocolate Beverage, Chocolate with Fiber Beverage, Hot Cocoa, Mocha Beverage, Pineapple Apricot Beverage, Strawberry Beverage, Vanilla Beverage, Vanilla with Fiber Beverage, Chocolate Mint Pudding & Shake, Chocolate Salted Caramel Pudding & Shake, Cream of Chicken Soup, Cheddar Broccoli Soup, Tomato Basil Soup, Tortilla Soup, Vanilla Pudding, Chocolate Pudding, Lemon Pudding with Fiber	<ul style="list-style-type: none"> ◆ Enjoy familiar products to replace one or two meals per day. Obtain optimal nutritional intake as a simple and satisfying beverage, soup or pudding. (Note: Some flavors available in "Natural" formulations)
15g Protein Bars (160 calories) Cinnamon, Fudge Graham, Peanut, Double Berry, Caramel Cocoa, Chocolate Almond, Dark Chocolate S'mores, Peppermint Cocoa Crunch, Shortbread Cookie, Vanilla Caramel Crunch	<ul style="list-style-type: none"> ◆ Each bar contains 7-13 grams of healthy soy protein and 5 grams of fiber for satiety.
PROTEIN SUPPLEMENTS (10-12 grams protein/serving)	
General Products (60-120 calories) Soups, Shakes, Puddings, Hot/Cold Drinks, Desserts	<ul style="list-style-type: none"> ◆ Shakes and puddings provide nutrition equal to glass of milk with less lactose. ◆ Hot or Cold alternatives for a guilt-free snack to curb your appetite.
Breakfast Products (90-130 calories) Apple/Cinnamon Oatmeal, Cold Cereals, Cheesy Eggs with Vegetables, Pancakes	<ul style="list-style-type: none"> ◆ Adults who eat breakfast tend to make healthy food choices throughout the day. ◆ Provides energy and essential nutrients to enhance concentration and promote cognitive reasoning.
Lite Entrees (90-130 calories) Nacho Cheese Pasta, Cheesesteak Pasta, Vegetarian Sloppy Joe, Vegetarian Chili with Beans, Minestrone Soup	<ul style="list-style-type: none"> ◆ Each serving provides 10 grams of high quality protein, is low in fat, saturated fat and cholesterol. ◆ As part of a diet low in saturated fat and cholesterol, 25 grams of soy protein per day may reduce risk of coronary heart disease.
Pasta Entrees (220 calories) Macaroni & Cheese, Fettuccini Alfredo	<ul style="list-style-type: none"> ◆ Large single serving is very filling. ◆ Healthier alternative to boxed macaroni and cheese.
Lite Bites (Snacks) (120-130 calories) Mini Crisps, Crunch O's, Double Bites, Pretzel Twists, Tasty Bites, Cinnamon Swirls	<ul style="list-style-type: none"> ◆ A better option than high fat vending machine snacks. ◆ Healthier snacking options in controlled portions help avoid overindulging.
Nutrition Bars (150-170 calories) Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Lemon Meringue, Chocolate Peanut Butter, Peanut Butter Crunch, Brownie w/Caramel, Butter Pecan w/Caramel, Marshmallow Brownie Crisp, Peanut Butter Mousse, Sweet & Salty Peanut	<ul style="list-style-type: none"> ◆ Perfect post-exercise snack, as more protein is incorporated into muscles following exercise. ◆ Enjoy with a glass of milk for a quick breakfast or morning snack.
DAILY ENHANCERS (5 grams fiber/serving)	
Fulfill Fiber Supplements (20-35 calories) Mixed Fruit Drink, Iced Tea w/Lemon Drink, Peach Drink, Cherry Gelatin, Chicken Bouillon	<ul style="list-style-type: none"> ◆ Soluble fiber helps maintain healthy blood glucose levels and supports healthy cholesterol and triglyceride levels. ◆ Promotes regularity and good intestinal health and supports a healthy immune system. ◆ Promotes satiety for a full feeling in between meals

How does the S.T.A.R. Plan Work?

Creating Your Backup Plan (Sample)

“He who fails to plan, plans to fail”
~ English Proverb

Name <i>Sallie</i>	Date <i>6/9/2010</i>	Weight <i>143</i>
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Keeping to Your Goal

What prompted you join the S.T.A.R. Plan?

I've always regained my weight after dieting. I don't want that to happen again.

What are the top two changes that are most important to being able to maintain your weight?

- 1. Tracking my weight and food intake*
- 2. Limit watching TV*

How do you think I can best help you be effective in maintaining your goals?

Regular contact to review my records.

Strategies

The following are some of the methods we can use in this plan. Check off all that you would like to try:

- Brainstorming—creating new options for problem situations.
- Cheerleader—supporting your effort and offering regular encouragement.
- Exploring New Possibilities—building on past success.
- Providing Insight—expanding ideas about your potential.
- Creating a Vision—what your success will look like in the long-term.
- Accountability—checking up on goals.
- Suggesting or Designing Action Steps—support for greater effectiveness and joy.

Have any of these approaches been more effective for you in the past? Any we should avoid?

I appreciate new ideas to a problem, and I need accountability. I don't appreciate "scolding."

To make our time together effective, we will require a commitment to communicate regularly, as determined in your Green Safety Zone Contract. What is the best method for our weekly contact (i.e., weekly emails? visits? phone calls?)

Weekly, in person, on Wednesdays at 7 p.m.

If you miss your appointment or weekly check in, what steps should be taken [i.e.: Who contacts whom]?

You call me... please!

Initiating a Personal Backup Plan

Personalize your “Early Warning System.” Building long-term skills takes practice and good planning. As we work together, we will regularly consider quick response options to be prepared for when life challenges start to take you off track.

What will be your first steps when you experience a challenge to maintaining your goal?

Clear my environment of "junk" food

List some alternatives you have found to be successful in the past.

Go shopping for "healthy" options. Also, pre-plan each day's intake

Are there any barriers that might limit you from getting assistance when required?

Yes, TIME. Find time for me. Stop doing it all...

Are there any additional health issue trigger points (blood sugar, BP) that you should consider?

Watch my salt intake. Check blood pressure regularly.

Action Plan (Sample)

Name: Sallie Date: 6/15/2010

Set a Goal	
Write a goal that is Specific, Measurable, Action-oriented, Realistic, and Timed (S.M.A.R.T.). Use additional sheets for additional goals as needed. <i>Eat a breakfast with protein every day.</i>	
Define an Action Plan	
What will you do differently so that you know that you are making progress toward your goal? <i>Keep protein bars, meal replacements, low-fat cheese and Egg Beaters in the house.</i>	
Time Frame: <i>I will shop this weekend</i>	Frequency: <i>weekly</i>
I will do this: (when, where, with whom?) <i>A.S.B.P</i>	
Challenges to Your Success	
Situations that can prevent you from achieving this goal. <i>Not enough time to eat...nothing available</i>	
Steps I will take to overcome these challenges. (What has been helpful in the past?) <i>Get up 15 minutes earlier</i> <i>Keep protein bars as back-up</i>	
On a scale of 1 to 10, how sure are you that you can make these changes? <i>8</i>	
If less than 7, what would it take to bring your confidence level up (who, what, when)?	
Additional Features	
Further plans of action that will improve your success.	
To track my progress on this plan, I will keep record of: <i>Breakfast intake</i>	
I will get assistance to: (describe) <i>Eat breakfast</i>	I will ask: (name the person) <i>My husband to make it</i>
My Incentive	
In addition to my Lucky S.T.A.R.s Top 10, one special thing that will keep me focused on accomplishing this goal is: <i>Maintaining my weight!</i>	

Standard Encounter Form (Sample)

Name: *Sallie* Date: *6/15/2010* Time: *9:30 a.m.* Weight: *143*

Please rate your Core Behaviors before you meet with your plan coach

Core Behaviors Checklist <i>Personal Rating for the Week Based on Green Safety Zone Contract</i>	Grade each on an A, B, C, D Scale
Maintained Weight	<i>A</i>
Used Tracking Guide	<i>B</i>
Ate Breakfast	<i>B</i>
Limited Screen Time	<i>C</i>
Limited Dining Out	<i>B</i>
Met Physical Activity Plan	<i>B</i>
Followed Eating Plan	<i>B</i>
Met Life Style Behavior Plan	<i>A</i>
Patient Set Goal	<i>A</i>
Hours of Sleep	<i>C</i>

A=Everyday
B=Most Days
C=Few Days
D=No Days

Activity Record	
Minutes	No. of Days
<i>30</i>	<i>5</i>
or	
Steps	No. of Days
Other Activity	
<i>Played Fitness game w/son for 20 min.</i>	
Total Min.	Total Steps

What are you doing that you are proud of?
Sticking to my plan and making good lifestyle changes

What are you having difficulty with?
Not really sleeping well

What are your goals between now and our next session?
Get better sleep and get closer to my activity goals

How confident are you in achieving these goals on a scale of 1 to 10 (1 being unsure; 10 being totally confident.)? What could help increase your level of confidence?
8...I'm determined to do it, but I'd feel better with getting 7 hours sleep

Review of Worksheet: # _____ Topic: _____

Comments: _____

New Worksheet Assigned: # _____ Topic: _____

FOR OFFICE USE ONLY		HEALTH TRIGGERS (optional)	
CURRENT WT	PREV WT	BP	Cholesterol:
DATE / /	DATE / /		
Monthly QoL:	PREV QoL:		

Suggested Client Reading List

GENERAL NUTRITION

- ★ Duyff, Roberta Larson The American Dietetic Association Complete Food And Nutrition Guide.
- ★ Rinzler, Carol Ann. Nutrition For Dummies. Hoboken, New Jersey: Wiley Pub; 2006

POSITIVE PSYCHOLOGY

- ★ Seligman, Martin PhD. Authentic Happiness. New York: Free Press; 2002
- ★ Seligman, Martin PhD. Learned Optimism. Pocket; 1992
- ★ Ben-Shahar, Tal PhD. Happier: Learn The Secrets To Daily Joy And Lasting Fulfillment. McGraw-Hill; 2007
- ★ Ben-Shahar, Tal PhD. The Pursuit Of Perfect: How To Stop Chasing Perfection And Start Living A Richer, Happier Life. McGraw-Hill; 2009

APPRECIATIVE LIVING

- ★ Kelm, J. Appreciative Living. Wake Forest NC: Venet Publishers; 2005
- ★ Kelm, J. The Joy Of Appreciative Living. New York: Tarcher/Penguin; 2008
- ★ Orem S., Binkert J., Clancy A. Appreciative Coaching. California: John Wiley & Sons; 2007
- ★ Stavros J., Torres C. Dynamic Relationships. Ohio: Taos Institute; 2008

WEIGHT MANAGEMENT

- ★ Beck, J. The Beck Diet Solution. Alabama: Oxford House; 2007
- ★ Cameron, Julia. The Writing Diet. New York: Tarcher/Penguin; 2007
- ★ Graff, S. Staying Lean For Life. California: Griffin; 1999
- ★ Gould, Roger. Shrink Yourself. Hoboken New Jersey: John Wiley& Sons; 2007
- ★ Rolls, B. PhD., Barnett R. Volumetrics. New York: Harper Collins; 2000
- ★ Shapiro, H. M.D. Picture Perfect Weight Loss. St Martin's Press; 2000
- ★ Walsh, P. Does This Clutter Make My Butt Look Fat? New York: Free Press; 2008

SELF-IMPROVEMENT

- ★ Albers, S. PsyD. Eating Mindfully California: New Harbinger Publ; 2003
- ★ Beck, Martha. Finding Your Own North Star. New York: Three Rivers Press; 2001
- ★ Burns, David M.D. Ten Days To Self Esteem. New York: Harper Collins; 1999
- ★ Dweck, C. PhD. Mindset. New York: Random House; 2006
- ★ Wansink, B. PhD. Mindless Eating. New York: Bantam Books; 2006

Website Resources

HEALTHY EATING

- ★ EatRight.org —Official website of American Dietetic Association.
- ★ cdc.gov/HealthyWeight—Variety of Topics including Healthy Eating and Preventing Weight Gain
- ★ HealthyDiningFinder.com —Put in your zip code and find restaurants suggestions
- ★ ChooseMyPlate.gov —Use the “My Plate” illustration for portioning the fFood groups on a plate as starting point to explore healthy eating

EXERCISE

- ★ TheWalkingSite.com —The Walking Site
- ★ exercise.com/exercises—Videos and workout plans
- ★ webmd.com/fitness-exercise/—Tips and information about exercise
- ★ medlineplus.gov/exerciseandphysicalfitness.html—Research and resources

HEALTH INFORMATION

- ★ www.nhlbi.nih.gov/Health —Public resource for multiple health yopics
- ★ www.HealthFinder.gov —Healthfinder: National health promotion and disease prevention
- ★ www.nlm.nih.gov/MedlinePlus —National Library of Medicine Medline Plus

ROBARD CORPORATION ON FACEBOOK

- ★ www.facebook.com/RobardWeightLoss

ROBARD CORPORATION ON TWITTER

- ★ <http://twitter.com/RobardCorp>

ROBARD CORPORATION ON YOUTUBE

- ★ www.youtube.com/RobardCorporation

Make note of other websites you want to remember:

INSTRUCTIONS

Welcome to the Green Safety Zone. Green means go—just as long as you remember to look both ways to proceed safely. The S.T.A.R. plan is designed to help you consider new ways to look at the future and to keep you moving forward as you stay safely at your desired weight. During this plan you will meet regularly with your S.T.A.R. coach to check-in so you can report status on core behaviors, your record keeping and your weight. To ensure your continued success, you will also work through worksheets that will help fortify your new behaviors, and expand your thinking and coping skills. Your coach will provide you with the worksheets in a sequence that is tailored to your needs. As you finish each worksheet, you will review them with your S.T.A.R. coach. Afterwards, place the finished worksheets in this manual, under the “My Worksheets” tab. On the included checklist, note the date to monitor your progress. With these tools, and additional plan features that will be offered throughout your journey, you will chart the way to successful long-term weight maintenance.

SUMMARY OF GREEN SAFETY ZONE WORKSHEETS

The Green Safety Zone worksheets reinforce core skills to maintain your weight loss. The completed worksheets also act as a personalized toolbox should you enter the Yellow Caution Zone. The activities outlined in the Yellow Caution Zone will help you figure out why you went off-course and then help you take action that will get you back to the Green Safety Zone.

Exploring: Appreciating what is Working Well

Worksheets that help encourage you to feel good about yourself as you celebrate successful weight loss.

- ★ My Lucky S.T.A.R.s—Top 10
- ★ My Weight Story
- ★ Get Your Motivation Back
- ★ Personal Pride and Confidence

Planning: Imagining what Might Be

Worksheets that help you find clarity about what you really want more of in life.

- ★ Life Passions Inventory
- ★ Attitude Adjustment
- ★ Nurturing Your Emotions without Food
- ★ Support Team

Taking Action: Living in Alignment with Your Passions

Worksheets to empower you in taking an active role in making choices that support all you want to be:

- ★ Making Your Exercise Plan Vital
- ★ Behavior Detour and Shortcuts
- ★ What Makes a GREAT Day
- ★ Kitchen Makeover

My Worksheets Checklist

Your S.T.A.R. coach will provide you with worksheets in a sequence that is tailored to your needs. As you finish each worksheet, you will review them with your S.T.A.R. coach. Afterwards, place the finished worksheets in this section of the manual. Check off the worksheets that are complete and note the date to monitor your progress.

Worksheet Title	Date Completed
S.T.A.R. Gazing	
S.T.A.R. Plan Contract	
Personal Healthy Eating Plan	
Creating Your Back-up Plan	
My Lucky S.T.A.R.S Top 10	
My Weight Story	
Get Your Motivation Back!	
Personal Pride and Confidence	
Life Passions Inventory	
Attitude Adjustment	
Nurture Your Emotions without Excess Calories	
Support Team—Relationships and the Buddy System	
Making Your Exercise Plan Vital	
Behavior Detours and Shortcuts	
What Makes a Great Day?	
Kitchen Makeover	
Calculate Your Maintenance Calories <i>(if needed)</i>	
Yellow Caution Zone <i>(if needed)</i>	
Quick S.T.A.R. Meal Planning Guide <i>(if needed)</i>	

NOTE: You will complete the Action Plan and Encounter Forms for each visit, as directed by your S.T.A.R. coach.