

MENTAL LAPBAND WEIGHT LOSS PROGRAM CHECKLIST

MTWTFSS are the days of the week. Please circle each day when you have successfully completed these tasks.

<u>START</u>	<u>7 Days Later</u>	<u>7 Days Later</u>	<u>2-3 Days Later</u>	<u>7 Days Later</u>
SESSION #1	SESSION #2	SESSION #3	SESSION #4	SESSION #5
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

(Listen once or twice only)

Repeat your 'Motto'	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Self-Talk is Positive	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Listening to Audio	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Eating Slowly	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Drinking Water	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Eating Healthy Food	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Eating 3 Small Meals	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS
Eating 3 Small Snacks	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS	MTWTFSS