



EAT REAL FOOD Progress and Reflection

We hope that you will enjoy taking part in the Eat Real Food Programme.

An important part of this process is keeping a track of progress.

This record is intended for your own use but we encourage you to share this with your health care professional or health coach.

This is a lifestyle programme that you have joined because you probably wish to improve your health. You can stop this programme at any point. Ongoing participation is completely voluntary. Please do not feel compelled to continue this if it is not working for you or if right now is not the right time to tackle your lifestyle.

Outline of the programme

- You may have seen a health care professional who has recommended this programme.
- At the outset – we should perform various measurements (like your weight, waist circumference and blood pressure) and arrange various blood tests – this will automatically be recorded onto your patient record – but it would be a good idea to record it in here too for your own records. In addition we also ask you to fill in a mental well-being questionnaire.
- The Diabetic and Prediabetic patients will be invited back at 3 months, 12months and again at 24 months to see the nurse or Health Care Assistant in order to collect all these measurements. At each of these points, we would be most grateful if you fill in the same well-being questionnaire.
- Some of you will continue to see your health care professional at regular intervals in order to receive ongoing support.
- Additional support from the Eat Real Food Patient Support Group will also probably be valuable – information about this is on our website.
- Consider engaging a Health Coach through Gloucestershire Healthy Lifestyles - <https://www.hlsghos.org/>.

WHERE AM I AT RIGHT NOW?

Before engaging in any lifestyle programme, it is often helpful to reflect on what it is that is important to you and what your own goals or aspirations are.

Please take your time to think about this. Some people know immediately and some people need weeks to reflect on this. Engaging a health coach will be helpful as they are skilled in helping you work through this.

What is important to me? What matters to me?

Assessing where you are at with your 4 pillars

Score each area out of 5

- 1 – very challenging for me right now
- 5 – I feel I am doing well

You may wish to make notes on each area

FOOD	/5
MOVEMENT	/5
SLEEP	/5
STRESS LEVELS	/5

Further Reflection

Would you like to improve any of your scores?	YES / NO If the answer is YES – please continue below.
Which score would you like to improve?	
What will you do? Choosing an action that is achievable within a short time frame. See next page on TINY HABITS.	
When will you do it? State a time frame if possible.	
How will your score change? New score out of 5.	

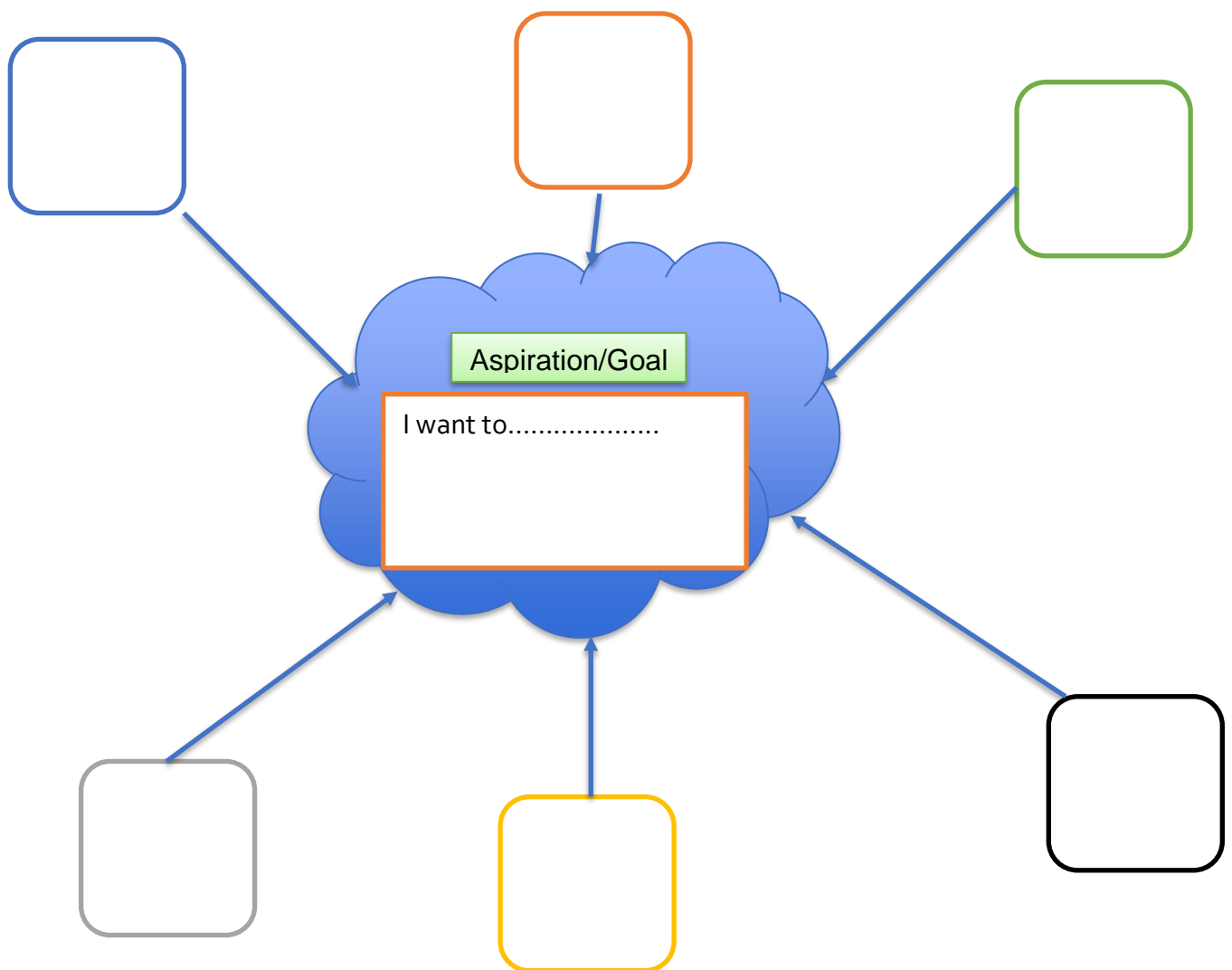
Grateful thanks to Dr Campbell Murdoch who designed the Human 5 model on which this is based.

Tiny Habits

This is taken from BJ Fogg's wonderful book called Tiny Habits. Please do watch the video titled "Little Changes"

He breaks it down to:

1. Decide first on what your **overall Aspiration/Goal** is – "I want to be healthier", "I want to lose weight", "I want to exercise more". "I want to eat healthy food". Exploring the reasons *why* you have this Aspiration/Goal is important to understand what is driving this Aspiration.
2. Then you brainstorm listing a **swarm of behaviours** that contribute to you achieving your Goal – put healthy snack foods on the counter, take my slow cooker out, stop buying coke and crisps for the house, try a new vegetable each week
3. Next you decide on which one or 2 of these behaviours you want to tackle first – **ALWAYS START TINY and build on your success.**



Monitoring Progress

Name	
DOB	
Date started programme	

	Start	3 months	12 months	24 months
Date				
Weight (kg)				
Waist circumference (cm)				
Blood pressure				
HBA1c				
ALT (liver function)				
Triglycerides				
HDL				
Well-being score completed (total score)				

Warwick-Edinburgh Mental Well-Being Score_Start

Please tick the box that best describes your experience of each over the past 2 weeks

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future.	1	2	3	4	5
I've been feeling useful.	1	2	3	4	5
I've been feeling relaxed.	1	2	3	4	5
I've been interested in other people.	1	2	3	4	5
I've had energy to spare.	1	2	3	4	5
I've been dealing with problems well.	1	2	3	4	5
I've been thinking clearly.	1	2	3	4	5
I've been feeling good about myself.	1	2	3	4	5
I've been feeling close to other people.	1	2	3	4	5
I've been feeling confident.	1	2	3	4	5
I've been able to make up my own mind about things.	1	2	3	4	5
I've been feeling loved.	1	2	3	4	5
I've been interested in things.	1	2	3	4	5
I've been feeling cheerful.	1	2	3	4	5

Total score :

Date today:

Warwick-Edinburgh Mental Well-Being Score_3 months in

Please tick the box that best describes your experience of each over the past 2 weeks

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future.	1	2	3	4	5
I've been feeling useful.	1	2	3	4	5
I've been feeling relaxed.	1	2	3	4	5
I've been interested in other people.	1	2	3	4	5
I've had energy to spare.	1	2	3	4	5
I've been dealing with problems well.	1	2	3	4	5
I've been thinking clearly.	1	2	3	4	5
I've been feeling good about myself.	1	2	3	4	5
I've been feeling close to other people.	1	2	3	4	5
I've been feeling confident.	1	2	3	4	5
I've been able to make up my own mind about things.	1	2	3	4	5
I've been feeling loved.	1	2	3	4	5
I've been interested in things.	1	2	3	4	5
I've been feeling cheerful.	1	2	3	4	5

Total score :

Date today:

Warwick-Edinburgh Mental Well-Being Score_12 months in

Please tick the box that best describes your experience of each over the past 2 weeks

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future.	1	2	3	4	5
I've been feeling useful.	1	2	3	4	5
I've been feeling relaxed.	1	2	3	4	5
I've been interested in other people.	1	2	3	4	5
I've had energy to spare.	1	2	3	4	5
I've been dealing with problems well.	1	2	3	4	5
I've been thinking clearly.	1	2	3	4	5
I've been feeling good about myself.	1	2	3	4	5
I've been feeling close to other people.	1	2	3	4	5
I've been feeling confident.	1	2	3	4	5
I've been able to make up my own mind about things.	1	2	3	4	5
I've been feeling loved.	1	2	3	4	5
I've been interested in things.	1	2	3	4	5
I've been feeling cheerful.	1	2	3	4	5

Total score :

Date today:

Warwick-Edinburgh Mental Well-Being Score_24 months in

Please tick the box that best describes your experience of each over the past 2 weeks

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future.	1	2	3	4	5
I've been feeling useful.	1	2	3	4	5
I've been feeling relaxed.	1	2	3	4	5
I've been interested in other people.	1	2	3	4	5
I've had energy to spare.	1	2	3	4	5
I've been dealing with problems well.	1	2	3	4	5
I've been thinking clearly.	1	2	3	4	5
I've been feeling good about myself.	1	2	3	4	5
I've been feeling close to other people.	1	2	3	4	5
I've been feeling confident.	1	2	3	4	5
I've been able to make up my own mind about things.	1	2	3	4	5
I've been feeling loved.	1	2	3	4	5
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I've been feeling cheerful.	1	2	3	4	5

Total score :

Date today: