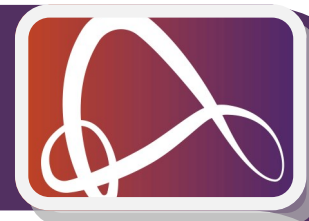


MEASURING UP

Let's start the journey ...



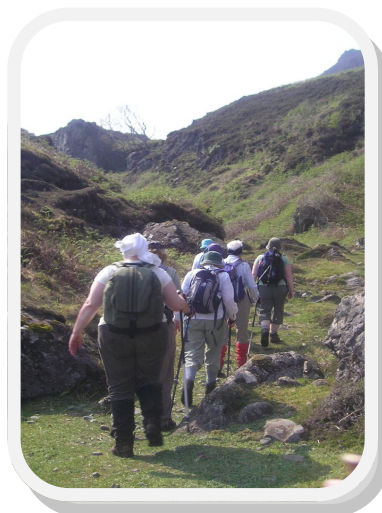
Welcome to Ayecan *Change*

Well done for signing up and starting on this journey.

This programme is all about working with your mind & body. We will support you to **take the weight off and keep it off**.

We focus on what you **can** do.

We look forward to working with you, being inspired by **changes** you make & **having some fun** on the way.



How does the programme work?

Each week you will receive short **videos** to watch, **audios** to listen to and **quizzes** to complete.

There are always small low cost or no cost **things that you can do**.

The actions we ask you to take depend on the focus for the week. Most weeks there will be at least 3 or 4 actions to take.

Actions for this week

- ✓ Measure up, including your waist. Get to know your body.
- ✓ What kind of eater are you? Take the quiz !
- ✓ Keep a food and mood diary for at least 3 days

Action - Measure up...get to know your body

Weigh yourself. **Measure your waist** then start to notice how your body changes from day to day.

Do this by either weighing yourself each day, measuring your waist or using your clothes.



Check your BMI
Waist to hip ratio

Why?

Weight changes from day to day. **Learn to tune into your body.**

We are each different. Start to get comfortable with your body.

Action - Take the quiz



Find out what kind of eater you are: take the quiz.

This makes it easier to **understand what's going on in your head** and what the battles are.

If managing weight was easy and was only dependent on willpower, most of us would be stick insects.

It's not that simple.

For a whole variety of reasons, most of us put on extra weight over time.

The results will help you **decide where you need to focus your attention** if you are trying to make changes.

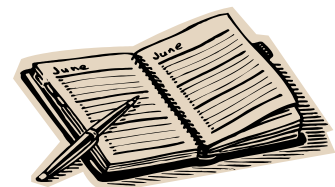
If managing weight was easy and relied purely on will power, we'd all be stick insects

Action - Keep a diary

Record what food you eat, why you ate that food how you felt afterwards Discover your triggers for over - eating.

Use the diary on the webpage.

Fill it in every day for at least three days and hold on to this. We will use this again.



What triggers over-eating for you?