

EXTRAS

THIS SECTION CONTAINS THE FOLLOWING ITEMS.

If you want to print out more copies of any of them, visit www.weightconcern.org.uk. Or you can photocopy them.

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- Shape-Up Diary** page 144
Use this to record exactly what you eat and how much activity you do.
 - Shape-Up 'How much am I eating?' diary** page 146
Use this to record how many servings from each of the five food groups you are eating.
 - Shape-Up Serving size guide** page 148
This will help you work out how many servings of each food group you are eating. See page 61 for more information on this.
 - Shape-Up Weight change record** page 150
Each day or each week, record your weight.
 - Shape-Up Goalsheet** page 152
Each time you set yourself a goal, write it down on a *Shape-Up Goalsheet*. This will help you make sure you have carefully thought about and/or planned how you will reach your goal.
 - Shape-Up Log** page 154
Keep a record of all your goals in the *Shape-Up Log*.
 - Shape-Up Change plan** page 156
Once you have worked on the *Shape-Up* programme for about 10-12 weeks or for about 8 weeks if you're in a *Shape-Up Group*, you can use this *Change plan* to review your overall goal and assess how well you have done at making some permanent lifestyle changes.



SHAPE-UP SERVING SIZE GUIDE

How much is one serving?

FOOD GROUPS	FOOD	WHAT IS 1 SERVING?	
Bread, other cereals and potatoes	Breakfast cereal	3 tablespoons	
	Shredded wheat/weetabix	1 biscuit	
	Bread/toast	1 slice	
	Chapatti	1 small	
	Crackers	3	
	Crispbreads	4	
	Pitta bread	1 small	
	Roll	half	
	Pasta/noodles	3 heaped tablespoons (cooked)	
	Plantain/green banana	1	
	Potatoes/sweet potatoes	2 egg-sized	
	Rice	2 heaped tablespoons (cooked)	
	Crumpet/English muffin	1	
	Malt loaf	1 small slice	
Fruit and vegetables	Apple/banana/orange	1	
	Dried fruit (eg. raisins)	1 tablespoon	
	Large fruit (eg. melon, grapefruit)	1 large slice/ 1/2 grapefruit	
	Plums/kiwis	2	
	Small fruit (eg. grapes, raspberries)	1 cup	
	Stewed or tinned fruit	2-3 tablespoons	
	Fruit juice/vegetable juice/ 100% fruit smoothie	1 small glass (150ml)	
	Green vegetables	3 tablespoons	
	Root vegetables	3 tablespoons	
	Small vegetables (eg. peas, sweetcorn)	3 tablespoons	
	Salad	1 cereal bowl/1 tomato/7 cherry tomatoes	
	Meat, fish and alternatives	Lean meat (eg. beef, pork, ham, lamb, liver, kidney, chicken)	3 slices (total amount similar size of a pack of playing cards)
		Fish	size of a pack of playing cards

FOOD GROUPS**FOOD****WHAT IS 1 SERVING?**

Fish fingers	3
Eggs	2
Baked beans	5 tablespoons
Nuts or nut products	2 tablespoons
Pulses, beans, dahl	5 tablespoons
Soya, tofu, quorn	100g or 4oz

Milk and dairy foods

Aim to eat **3 servings** from this group each day.

Milk	200ml or 1/3 pint
Yogurt	1 small pot
Cottage cheese	1 small tub
Fromage frais	1 small pot
Cheese	40g or 1 1/2 oz (small matchbox size)

Fatty and sugary foods**Fats**

Aim to eat no more than **2 servings** of fats each day.

Butter/margarine/spread	1 teaspoon
Low fat spread	2 teaspoons
Cooking oil/lard/dripping/ghee	1 teaspoon
Mayonnaise/salad cream	1 teaspoon
Oily salad dressing	1 teaspoon
Low calorie mayonnaise or dressing	2 teaspoons
Gravy/white sauce	1 teaspoon

Other fatty and sugary foods

Aim to eat no more than **1 serving** from this group each day.

Pork pie/sausage roll	1 small
Crisps	1 small bag
Cream	2 teaspoons
Sugar	3 teaspoons
Jam/honey	1 heaped teaspoon
Plain biscuits	2
Chocolate biscuit/cream-filled biscuit	1
Cake/pie	1 slice
Doughnut/Danish pastry	1 small
Ice cream	1 scoop
Chocolate	small bar
Sweets	small tube
Sugary drink	1

SHAPE-UP GOALSHEET

Remember to make your goals:

Specific **M**easurable **A**chievable **R**elevant **T**ime-Specific

MY GOAL IS:

Today's date:

Review date:

Enter your goal and the date into your *Shape-Up Log* on page 154.

I will take the following steps:

1

2

3

4

I have thought about and/or planned for the following:

- Things that could get in my way and how I will overcome them
 - People who might be able to help
 - Time I'm going to give it
 - How and when I'm going to review my goal
 - How I will reward myself if I succeed.
-

Write about the outcome in your *Shape-Up Log* (see page 154).

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Write about the outcome in your *Shape-Up Log* (see page 154).

SHAPE-UP CHANGE PLAN

See page 142 for information on how to use this *Shape-Up Change plan*.

I want to achieve the following ...

I want to achieve this because ...

These are the steps I need to take to achieve this, and the order in which I need to tackle them ...

My goal: _____

Steps I need to take to achieve this goal (SMART goals)	Order in which I need to tackle these steps

I am prepared to tackle the following right now in order to achieve this ...

I need the following things to achieve this step (eg. help from other people, information, skills) and I am going to get them from the following places ...

What do I need?	Where/How am I going to get it?

I will know when I have achieved this step when ...

I will reward myself for achieving this step by ...

The following things might get in the way of me achieving this step ...

I am going to put the following things in place to try and overcome or limit these barriers ...

I will set a date and time to review my progress ...

I will know it's time to move onto the next step when ...
