

Being *Awesome* and Putting it All Together

Key 1: Creating and optimizing a SYSTEM

- My morning routine:
- a. _____
- b. _____
- c. _____
- My mid-day routine
- a. _____
- b. _____
- c. _____
- My evening routine
- a. _____
- b. _____
- c. _____

Key 2: Eating well

- My meal planning day is: _____
- My grocery shopping day is: _____

Key 3: Movement

- Type(s) of movement I will schedule: _____
- Days of the week (circle): S M T W R F S
- Time(s) of day I will exercise: _____

Key 4: Sleep

- # of hours of sleep I need: _____
- Bed time: _____
- Wake time: _____

Reset: Getting Back on Track After Bariatric Surgery
Katy Harvey, MS, RD, LD, CEDRD

Key 5: Social support

Bariatric support group

Date: _____

Time: _____

Location: _____

Standing plans with friends: _____

A club/group I want to join: _____

Key 6: Ongoing motivation and inspiration

3 books to read:

1. _____

2. _____

3. _____

What else inspires me? _____

Key 7: Staying with your WHY (why did you have surgery in the first place?)

Write this on a notecard and stick it to your bathroom mirror

Key 8: Self-Care & Self-Compassion

My weekly self-care: _____

A compassionate statement I will tell myself:

e.g. "I am a wonderful person regardless of my weight."

e.g. "I have the inner strength to use my surgery as a tool to care for my body."

My statement: _____

Congratulations! You have now
created your system and are ready to
rock and roll! Go be awesome!!