

Eppie Weight Management Group

Used the healthy plate method	Avoided Process Foods	Drank 5 glasses of water daily	Planned your meals for week	Included green veggies in 1 meal
Did not use sugar substitutes	Snack on veggies/fruit/nuts	Logged in your food diary daily	Avoided liquid calories	Planned your meals daily
Reduced your sugar intake	Walked around during a commercial	FREE	Bread was whole wheat only	Eat only fresh veggies
Exercised at least 3 days/week	Reduced your salt intake	Exercised at least 5 days/week	Eat only fresh fruits	Included green veggies in 2 meals
Drank daily 8 glasses of water	Did not eat fast food/week	Lost at least 2.5 pounds	Walked/exercise with someone	Do not eat hours before bed

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Exercised at least 3 days/week	Bread was whole wheat only	FREE	Eat only fresh veggies	Avoided Process Foods
Eat only fresh fruits	Lost at least 2.5 pounds	Used the healthy plate method	Do not eat hours before bed	Reduced your salt intake
Exercised at least 5 days/week	Included green veggies in 2 meals	Reduced your sugar intake	Snack on veggies/fruit/nuts	Drank daily 8 glasses of water

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Walked around during a commercial	Planned your meals daily	Planned your meals for week	Walked/exercise with someone	Drank 5 glasses of water daily
Eat only fresh veggies	Avoided Process Foods	Logged in your food diary daily	Did not use sugar substitutes	Drank daily 8 glasses of water