

## Behavioral Therapy Checklist

Meal Plan	Physical Activity	Behavior
<p>_____ Diet suggestion sheets</p> <p>_____ ~500-750 kcal/day reduction</p> <p>Daily kcal goal: _____</p> <p>_____ Meal plan:</p> <p>    _____ Mediterranean</p> <p>    _____ DASH</p> <p>    _____ Low carb</p> <p>    _____ Low fat</p> <p>    _____ Vegetarian</p> <p>    _____ High protein</p> <p>_____ Meal replacement program</p> <p>    Breakfast: _____</p> <p>    Lunch: _____</p> <p>    Dinner: _____</p> <p>_____ Nutritionist/dietitian referral</p> <p>_____ Other:</p> <p>_____</p> <p>_____</p>	<p>_____ Aerobic:</p> <p>    _____ Walk/run/swim/etc</p> <p>    _____ Other recreational:</p> <p>    _____</p> <p>Start _____ minutes daily</p> <p>Increase by _____ minutes daily as tolerated</p> <p>Goal: &gt; _____ min/week</p> <p>_____ Resistance training:</p> <p>    2-3 sessions weekly</p> <p>    Per movement group</p> <p>    Start _____ reps/set</p> <p>    Goal _____ reps/set</p> <p>    Start _____ sets/day</p> <p>    Goal _____ sets/day</p> <p>_____ Fitness profession referral</p> <p style="text-align: center;"><i>See back for detailed plan</i></p>	<p>Self-monitoring:</p> <p>_____ Food diary</p> <p>_____ Activity log (including exercise and nonexercise activity)</p> <p>_____ Check weight every _____ days</p> <p>Stress reduction:</p> <p>    _____</p> <p>Sleep:</p> <p>    Goal: _____ hours/night</p> <p>_____ Behavioral therapist referral</p>

Adapted from content provided by Karl Nadolsky, DO

