

DISCREPANCY IDENTIFIER WORKSHEET

Instructions: Values guide our goals and are origins of what we consider desirable behavior. However, values are not always thought about, so it is useful to identify what values are important to you. Complete the Discrepancy Identifier Worksheet by answering the questions and discuss with your Nutrition coach.

Example: A person has a goal of losing 20 pounds. Let's start by asking why that goal is important. She may generate an answer that is important because she wants to be healthier. Well, why is it important to be healthier in her mind? She can connect losing weight to being healthier which will make her a better parent. This is something that she values. For the next outline use the flow chart as a guide to find your WHY?



1. What is your goal?

When you identify what your core values are and how they will help you reach your goal, your behaviors gain meaning. Example, I'm taking the stairs over the elevator, because it will help me meet my value of being a healthy person. I'm foregoing fast food, not to torture myself but to live up to the healthier person I want to be.

2. Now that we have identified why your goal is important, on a scale of 0 to 10 with 0 being not at all consistent and 10 being 100% consistent: how in line are your behaviors are with your values?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

3. Is there anything else you would like to add about your goal and values?

4. Imagine that you are already at your goal. What does that person look like? What would you have been doing differently than what you are currently doing?

5. Now that you have identified why your goal is important to you and the behaviors you should be doing, write down times when you foresee your behaviors not matching up to your goals.

6. Now that we have identified why your goal is important to you and the behaviors you should be doing that align to it, write down how the behaviors that aren't helping you fit into achieving your long-term goals.

Smart Goals Worksheet

Today's Date _____ Target Date _____ Start Date _____

Date Achieved _____

Goal: _____

SPECIFIC

What specifically are you trying to achieve?

MEASURABLE-

How will you (and others) know when you've reached this goal? Can you quantify your goal?

ACTION-ORIENTED

What is your action plan to achieve your goal? Such as daily to-do items to help reach your goal

REALISTIC

Is this goal achievable for you to accomplish? Is it challenging, yet not too difficult?

TIMELY

When will you achieve this goal? Is this a short-term or long-term goal?

SELF-DETERMINED

Why this goal is important to you? What are the benefits of achieving this goal?

Challenges:

Potential Obstacles:	Solution:

Who are you sharing your goal with?

Decision Balance: indicate below, the anticipated pros and cons of starting an exercise/nourishment program for each category. Rate the importance of each entry using the numerical value 1-5

GAINS TO SELF

Pro	Con
Pro	Con
Pro	Con

GAINS TO FAMILY/FRIENDS

Pro	Con
Pro	Con
Pro	Con

APPROVAL OF OTHERS

Pro	Con
Pro	Con
Pro	Con

LOSSES TO SELF

Pro	Con
-----	-----

Pro
LOSSES TO IMPORTANT OTHERS
Pro
Pro
Pro

Con
Con
Con
Con

DISAPPROVAL OF OTHERS
Pro
Pro
Pro

Con
Con
Con

EXAMPLE
GAINS TO SELF
Pro 5 better physical condition
Pro 5 more energy
Pro 4 best example for my family

LOSSES TO SELF
Con 5 less time with family
Con 3 less time for hobbies
Con

GAINS TO FAMILY/FRIENDS
Pro 5 longer healthier life with spouse
Pro 5 play with kids/grandkids
Pro

LOSSES TO FAMILY/FRIENDS
Pro 4 less time to devote to parenting
Pro 4 less time for housework
Pro

APPROVAL OF OTHERS
Pro 5 Hubby/boyfriend would like me to be healthy
Pro 4 my kids would like me to do more with them
Pro

DISAPPROVAL OF OTHERS
Pro
Pro
Pro

Trans Fat

READ FOOD LABELS

choose products with 0 grams trans-fat, check the ingredient for partially hydrogenated oil. Foods containing less than .5 grams of trans fat per service are allowed to be labeled as having 0 grams. check for saturated fat and cholesterol also, look for 5% to 10% of the DAILY VALUE or less.

USE MONOUNSATURATED FAT (canola and olive oil)

USE POLYUNSATURATED FAT (soybean, corn, and sunflower oil)

Keep as low as possible, there are two types:

1. naturally occurring, found in animal meat and dairy in tiny amounts
2. Artificial, comes from foods that have partially hydrogenated oil. Food manufacturers use artificial trans fat in food products because it is in-expensive, and it increases food's shelf life, stability, and texture. These foods contain trans-fat: fried, microwave popcorn, frozen pizza, baked goods, margarines and spreads, ready-to-use frosting, and coffee creamers. Consuming trans-fat increases low-

density lipoprotein (LDL, BAD) cholesterol, contributes to heart disease, diabetes, and stroke.

<http://cdc.gov/nutrition/everyone/basics/fat/transfat.html>

EAT IN ABUNDANCE:

fruits (2+ cups daily)

vegetables (2.5+ cups daily)

whole grains (1/2 cup + 2 Tablespoons)

lean protein

Weight loss - .73 to 1 gram per pound of body weight OR 1.6 to 2.2 grams per kilo of body weight

Heavy exercisers weight loss 1-1.5 gram per pound OR 2.2 to 3.4 grams

Many “diets” can be successful for weight loss, aim for no more than 2 pounds per week in order to be lasting and successful. Know that protein is the key macro to any weight loss plan. Protein boosts satiety, maintenance of lean body mass, increased thermic effect of food (a little), and can reduce how efficient the body stores extra calories as body fat.

Healthy Snack Options

Use the table as a guide to help put together a health snack. Select one food from each column. You can omit one column but do not double up on a column.

High Fiber Carb	Lean Protein	Healthy Fat
1/2 - 1 c sliced fruit or berries	1/2 c 2% plain greek yogurt	1 TBSP nuts
1/2 - 1 c chopped fruit or berries	1/2 C plain cottage cheese	1 TBSP slivered almond
1 oz whole grain crackers	1/2 oz tuna	1/2 TBSP greek yogurt ranch dressing or mayo
1/2 whole grain pita	1 sliced hard-boiled egg	1 TBSP mashed avocado or greek yogurt ranch dressing
1 oz whole grain crackers	2 oz low sodium deli meat	1/2 oz light, low sodium cheese
4 oz carrot, celery and/or red pepper slices	1 hard-boiled egg	2 TBSP hummus
1 sm apple		1 TBSP healthy peanut butter

Describe a normal day of eating/drinking for you.

Include why you eat midday and late evening, part of the plan, boredom, stressed, any type of emotion.

Time	Foods consumed
Early Morning	
Morning	
Midday	
Afternoon	
Evening	
Late evening	

Food Frequency

Disclosure: The following food frequency questionnaire has been adopted from the National Institution of Health's Diet History Questionnaire. To simplify this questionnaire and help Nutrition Coaches remain within their scope of practice vitamin and mineral questions have been omitted.

BEVERAGES	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Check the box next to each that is eaten at least once in 12 months							
Tomato Juice/vegetable Juice							
Orange juice grapefruit juice							
Grape Juice							
Other 100% fruit juice							
Milk							
Milkshake, fruit/veggie smoothie							
Meal replacement							
Soda/pop							
Sports Drink/energy drink							
Water							
Vitamin water							
Beer, wine, cooler							
Liquor/mixed drink							
Coffee							
Espresso, latte etc.							
Cold/iced tea							
FRUITS	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Applesauce							
Apples							
Bananas							
Pineapple							
Pear and peaches							
Dried fruit							
Grapes							
Cantaloupe							
Melons							
Blueberry, Raspberry, Blackberry, and Strawberry							
Orange, tangerine, clementine							
Grapefruit							

Avocado/guacamole							
Kiwi							
Other not listed							
VEGETABLES	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Cooked greens (spinach, turnip, collard, mustard, chard, or kale)							
Raw greens (spinach, turnip, collard, chard, kale, watercress, seaweed, mustard, beet greens, or dandelion greens)							
Coleslaw							
Sauerkraut/cabbage							
Cooked carrots							
Raw carrots							
String beans/green beans							
Peas							
Corn							
Broccoli							
Cauliflower/Brussels sprouts							
Sweet peppers							
Onions							
Garlic							
Lettuce, what kind?							
Salad dressing, what kind?							
Salsa							
Tomato							
Ketchup/mustard/ranch							
Sweet potatoes/yam							
French Fries/Home fries, Hash Browns, or tater tots							
Potato salad							
Baked, boiled, or mashed Potatoes							
Cooked, dry, or canned beans							

Other veggies not listed							
SOUPS	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Homemade							
Canned							
Bean soup							
Tomato/veggie							
Broth with/without noodles and/or rice							
Chili							
RICE, PASTA/ PIZZA, TORTILLAS	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Rice, white or brown							
Quinoa							
Sushi							
Lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini							
Macaroni & Cheese							
Pasta salad/macaroni salad							
Pizza, dough, or cauliflower crust?							
Wheat or corn tortillas?							
Tacos, tostados							
Burritos, chimichangas							
Enchilada, quesadillas							
Cereal, Pancakes, Breads	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Oatmeal, grits, or other							
Cold cereal							
Pancakes, flour, or oats?							
Waffles and/or French toast							
Bagels and/or English muffin							
Breads, rolls and/or wrap as a sandwich							
Bread, rolls, white, wheat, seed?							
Cornbread or corn muffins							

Biscuits							
Jam, jelly, or honey on bagel, muffin, bread, rolls, crackers, etc.							
Peanut butter and/or nutbutter							
Hummus							
Processed Meats	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Roast beef or steak (in sandwich)							
Ham lunch meat							
Turkey or chicken lunch meat							
Bologna							
Other cold cuts or lunch meats (salami, corned beef, pastrami)							
Hot dogs or frankfurters							
Meat, Poultry, Fish, and Meat Substitutes	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Ground beef, what %							
Ground turkey/chicken							
Chicken baked, broiled, roasted, stewed, grilled, pan-fried, air-fried							
Chicken in mixed dishes (salads, sandwiches, casseroles, stews)							
Turkey baked, broiled, roasted, stewed, grilled, pan-fried, air-fried							
Turkey in mixed dishes (salads, sandwiches, casseroles, stews)							
Beef hamburgers/cheeseburgers (FAST FOOD)							
Beef hamburgers/cheeseburgers (home cooked)							
Ground beef in meatballs, casseroles, chili, or meatloaf							
Beef in stew, pot pie, noodles, veggies							
Roast beef or pot roast							
Beef steak							

Baked ham or ham steak							
Port							
Gravy on meat, chicken, potatoes, rice, etc.							
Liver							
Bacon							
Sausage							
Canned tuna or tuna salad							
Fresh tuna, trout, anchovy, mackerel, herring, or sardine							
Salmon							
Fried shellfish (crab, lobster, shrimp, or clam)							
baked, grilled, air-fried shellfish (crab, lobster, shrimp, or clam)							
Fish sticks or other fried fish							
Other fish not listed							
Eggs, egg whites							
Tofu (pressed soymilk)							
Beyond meat (pea, brown rice, mung, and fava bean)							
Impossible meats (soy protein concentrate, coconut oil and sunflower oil)							
Tempeh (fermented soybean)							
Seitan/wheat protein							
Chorizo meats (pea protein, chipotle peppers, tomato paste, garlic, smoked paprika, extra virgin olive oil)							
Chips, Pretzels, other	Rarely	Sometimes	Always	not at all	Small	Medium	Large
Potato chips							
Corn chips/ tortilla chips							
Popcorn							
Pretzels							
Whole nuts (peanuts, almonds, seeds, other?)							
High protein/breakfast bars							
Protein powder							
Granola bars							
Yogurt and Cheese	Rarely	Sometimes	Always	not at all	Small	Medium	Large

Yogurt, not frozen, what kind							
Greek yogurt							
Cottage cheese/ricotta cheese							
Cheese (low-fat, on sandwiches, wraps or burgers)							
Whipped cream							
Non-dairy whipped topping							
Sweets, Baked Goods, Desserts	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Frozen yogurt, sorbet, or ices							
Ice Cream, ice cream bars and sherbet							
Cake							
Pie							
Cookies							
Brownies							
Doughnuts, sweet rolls and/or Danish							
Sweet muffins or dessert breads							
Pudding or custard							
Chocolate bar or chocolate candy							
Spreads and Dressings	Rarely	Sometim es	Always	not at all	Small	Medium	Large
Margarine							
Butter							
Plant based butter							
Mayonnaise or mayo-based dressing							
Greek yogurt dressing							
Salad dressing, what kind?							
Summary							
Which of the following foods did you TOTALLY EXCLUDE from your diet?							
Meat (beef, pork, lamb, etc.)							

Poultry (chicken, turkey, duck)							
Fish and seafood							
Eggs							
Dairy (milk, cheese, etc.)							
Gluten (white flour products)							

Circumference Measurement	Month 1	Month 2	Month 3
Neck - Adam's apple			
Chest - nipple line			
Waist - narrowest point or at navel			
Hips - feet together, widest part of Glute			
Thighs - 10 inches above top of knee	R L	R L	R L
Calves - widest between ankle and knee	R L	R L	R L
Biceps - biggest, arm extended away from thigh, palm up	R L	R L	R L

Circumference Measurement	Month 4	Month 5	Month 6
Neck - Adam's apple			
Chest - nipple line			
Waist - narrowest point or at navel			
Hips - feet together, widest part of Glute			
Thighs - 10 inches above top of knee	R L	R L	R L
Calves - widest between ankle and knee	R L	R L	R L
Biceps - biggest, arm extended away from thigh, palm up	R L	R L	R L

Circumference Measurement	Month 7	Month 8	Month 9
Neck - Adams apple			
Chest - nipple line			
Waist - narrowest point or at navel			
Hips - feet together, widest part of Glute			
Thighs - 10 inches above top of knee	R L	R L	R L
Calves - widest between ankle and knee	R L	R L	R L
Biceps - biggest, arm extended away from thigh, palm up	R L	R L	R L
Circumference Measurement	Month 10	Month 11	Month 12
Neck - Adams apple			
Chest - nipple line			
Waist - narrowest point or at navel			
Hips - feet together, widest part of Glute			
Thighs - 10 inches above top of knee	R L	R L	R L
Calves - widest between ankle and knee	R L	R L	R L
Biceps - biggest, arm extended away from thigh, palm up	R L	R L	R L