

Mediterranean Wellness

Accountability Card

Week 3

Week 3 continues us on the heart of the behavioral portion of The Mediterranean Wellness curriculum. You will work on decreasing the amount of food your body needs to feel satisfied. Also this week you will continue to focus on practicing eating strategies to slow down the eating pace which ultimately helps with portion control.

1. Take note of how many portions had at meals and snacks.
 - a. Did you serve yourself less than you think you wanted?
2. Take note how long it took you to feel hungry again after meals
3. Calculate your appetat a few times this week and get the average. Calculate it again in a few weeks and take note if your appetat reading has come down.
 - a. Also become aware of your eating habits in general. What have you noticed? Are you eating less at the actual meal than you used to eat? Have you cut down on your between meal snacking?

| | List the # of portions at Break, Lnch, and Dinner) | | | List how long after Break, and time after Lnch, until you are hungry again | | Appestat reading: volume/time |
|-------|--|-------------|------------|--|-----------------|-------------------------------|
| One | <u>Bk</u> | <u>Lnch</u> | <u>Din</u> | <u>Bk-Lnch</u> | <u>Lnch-Din</u> | |
| | | | | | | |
| Two | <u>Bk</u> | <u>Lnch</u> | <u>Din</u> | <u>Bk-Lnch</u> | <u>Lnch-Din</u> | |
| | | | | | | |
| Three | Bk | Lnch | Din | Bk-Lnch | Lnch-Din | |
| | | | | | | |
| Four | Bk | Lnch | Din | Bk-Lnch | Lnch-Din | |
| | | | | | | |
| Five | Bk | Lnch | Din | Bk-Lnch | Lnch-Din | |
| | | | | | | |
| Six | Bk | Lnch | Din | Bk-Lnch | Lnch-Din | |
| | | | | | | |
| Seven | Bk | Lnch | Din | Bk-Lnch | Lnch-Din | |
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