

Behaviour Change Strategies

- 1. Self-monitor 2. Set goals 3. Develop coping strategies 4. Create an action plan 5. Follow-up**

Why do you want to follow a gluten-free diet?

I am motivated to follow a gluten-free diet because:

1.	2.
3.	4.

1. Self-monitoring

	Monday _____	Tuesday _____	Wednesday _____	Thursday _____	Friday _____	Saturday _____	Sunday _____
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

2. Goal-Setting

My goals are to:

1.
2.
3.
4.

*****Remember to set goals that follow SMARTI: Specific, Measurable, Action oriented, Realistic, Time frame, Important to you*****

Why are these goals important to you? What will you gain from achieving your goals?

These goals are important to me because:

1.
2.
3.
4.

3. Barriers & Coping Strategies

Barrier	My Coping Strategy
1.	
2.	
3.	
4.	
5.	

4. Action Plan – Nutritious Gluten-free Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

5. Follow-up!!!