

STARTING DOWN THE ROAD TO MY HEALTHIER WEIGHT

I am aware that:

- ☀️ Gaining a healthy amount during pregnancy will be good for me and my baby.
- ☀️ I might have to change some habits to lose my pregnancy weight.
- ☀️ Losing my pregnancy weight may take up to a year.
- ☀️ Now is a good time to get to learn to manage my healthy weight.

My personal plan for managing my weight after childbirth through pregnancy and postpartum:

	What I will do	How I will do it	What my provider recommends:
Food		<p>Example: SMART goals</p> <ul style="list-style-type: none"> ☀️ I will use the portion plate to set up 3 meals over the next week. ☀️ I will fill half my plate with fruits and vegetables for 3 meals over the next week. ☀️ I will bake chicken instead of frying one time over the next week. ☀️ I will replace 3 high-calorie, high-fat snacks (such as cookies or chips) with fruit, vegetables, or other healthy snacks over the next week. ☀️ I will cook at home for 3 meals over the next week. ☀️ I will visit choosemyplate.gov before the next visit. 	<ul style="list-style-type: none"> ☀️ Use the portion plate – www.choosemyplate.gov/. ☀️ Fill half your plate with fruits & veggies – www.fruitsandveggiesmorematters.org/. ☀️ Bake, boil, or grill meats instead of frying. ☀️ Limit high-calorie, high-fat foods such as snack chips and sweets (cakes, cookies, doughnuts, candy, etc.) ☀️ Cook at home more often. ☀️ Refer to “Fast Food Cards” at: www.perinatalweb.org/major-initiatives/weight-management-pregnancy-and-postpartum/resources.
Drinks		<p>Example: SMART goals</p> <ul style="list-style-type: none"> ☀️ I will choose water when thirsty at least once a day rather than soda (or juice) by the next clinic visit. ☀️ I will change from drinking 2% milk to 1% milk by the next clinic visit. ☀️ I will exchange 2 sodas with water daily by the next month. ☀️ I will limit coffee shop drinks to 1 to 2 times per month. ☀️ I will choose only non-alcoholic beverages to drink while I am breastfeeding. 	<ul style="list-style-type: none"> ☀️ Drink water when you are thirsty. ☀️ Drink skim or 1% milk. ☀️ Avoid high-calorie drinks like juices, sodas, flavored fruit drinks, etc. ☀️ Avoid sweetened coffees and teas. ☀️ Avoid alcoholic beverages. ☀️ Refer to “Think About Your Drink” at http://perinatalweb.org/major-initiatives/weight-management-pregnancy-and-postpartum/resources.
Physical Activity		<p>Example: SMART goals</p> <ul style="list-style-type: none"> ☀️ I will do Kegel exercises during the commercials of my favorite tv show once a day ☀️ I will squat 3 times rather than bend over to pick up toys today (increase every 5 days) ☀️ I will walk 30 minutes a day 5 days/week with or without my baby ☀️ I will do baby press ups 3 sets of 10 lifts (reps) 	<ul style="list-style-type: none"> ☀️ Walk as often as you can. ☀️ Wear baby in a sling or front pack so you can bond while you get some physical activity. ☀️ Reduce time spent in front of a screen – TV, computer, phone, games, etc. ☀️ Refer to “Mommies in Motion” and “Moving Through Pregnancy” at www.perinatalweb.org/major-initiatives/weight-management-pregnancy-and-postpartum/resources.
Measuring progress		<p>Example: SMART goals</p> <ul style="list-style-type: none"> ☀️ I will weigh myself once a week. ☀️ I will think about how I feel and how I look every day. ☀️ I will take time to praise myself for my progress. 	<ul style="list-style-type: none"> ☀️ Pay attention to how your clothes fit—is there a change? ☀️ Weigh yourself regularly—every week or every day.

Things to think about:

- ☀️ Who can help me?
- ☀️ What might get in the way?

Patient signature

Provider signature

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- ☀️ Losing my pregnancy weight may take up to a year.
- ☀️ Now is a good time to learn how to manage my weight.

My personal plan for managing my weight after childbirth:

	What I will do	How I will do it	What my provider recommends:
Food			
Drinks			
Physical Activity			
Measuring progress			

Things to think about:

- ☀️ Who can help me?
- ☀️ What might get in the way?

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