



.M.G



**MY KID
IS**

OVERWEIGHT

WORKBOOK

BAR ALZIK

Welcome to the workbook

This workbook can help you reach the results you want and make the change in a way that is 2 times more effective than just reading the book.

To enjoy the improved results, the only thing you need to do is follow the instructions below. If you follow the exact steps after each of these steps, I can assure you that it will be worth the little effort you have made.

Instructions for using the workbook in the most effective way:

1. Print the workbook.
2. Start reading the book.
3. In addition to reading the book you Will use the workbook.
4. Complete all handwritten exercises in the workbook.
5. Enjoy improved results.

Tasks from the book :

- What is your why? (Pages: 4-10)
- Step by step setting a family goal (11-22)
- The thirty-day vegetable challenge (23-26)
- Keeping a diary for the different types of hunger (24-34)
- BMI charts(35-37)

Self-questioning

The 7 question

You have to ask yourself the right questions and answer them honestly. Once you are honest with yourself, you can give answers from the bottom of your heart. The power of those answers can change your life. One of the best ways I can define them is to find the same reasons for self-questioning. Self-questioning allows you to discover what is hidden in the depths of your mind, and you can discover what your real desires are.

In the next part of the chapter, I will ask you a question and you will answer it. Take it slow and give yourself all the time necessary to answer the question. In the exercise book, I wrote a partial exercise to perform the full exercise, which includes repeating the question seven times. This is the recommended amount required to go deeper and reach the real "why" found in your heart.

What is the main reason you decided to read this book?

1.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Now that you have put your answer on the page, I want you to read it again and see what it makes you feel when you think about why that theme is so important to you and why you chose this reason. The goal is to get a little deeper into things and not talk straight from the head, and I want you to write here why you chose this topic.

2. _____

The deeper the question becomes, the more honest your answer will be. What usually happens is that the first questions we answer come from the head. As we mentioned earlier, the deeper you go, the more the answer will come, not from your head, but from your heart. I want us to go down another step. If you notice, they may bring you feelings that did not exist before you started the exercise. Now, I want you to write why you answered what you answered and whether this is the real reason for that answer. Are you avoiding something, or do you fear something that makes you want the same goal? Whatever the root of that choice is, what is the motive?

3. _____

Let yourself go deeper, and ask again why?

4. _____

Why?

5. _____

Why?

[illegible]

Way?

[illegible]

[illegible]

This image shows a full page of blank, lined paper. It features approximately 28 evenly spaced horizontal black lines across its entire width, providing a guide for handwriting or typing. The paper itself is a clean, off-white color.

After you have properly defined your "why," you may be aware of feelings you have not had until now. These same sensations will help you stick to your goal and do what is necessary to make that change in your family's life. This exercise is, in my opinion, a *must* before any change you want to make in life, because it helps you to know yourself better and helps you discover the real reasons that make you want to change. The more you get into the depth of your *why*, the more powerful this exercise and its impact on your life will be. This is not an exercise that has to be completed by a certain time. It can take days or weeks and many times the answers change. The exercise can be repeated over and over again to help you get closer to your answer.

If you have printed the attached booklet as recommended, you would put it nearby and periodically look in the book to see if you need to make changes or if you still identify with everything you have written.

I wish you great success. I truly believe that you can create a significant change in the life of you, your children, and your family.

The next chapter is, in my opinion, one of the most fascinating subjects. We will talk about the hidden mind. What is hidden behind the needs of the mind? We will understand better the language that the mind speaks, and we will know how to work with it in cooperation.

Setting a family goal step by step

Set goals for the next ninety days

What is the goal you want to achieve as a family over the next ninety days?

[illegible]

Why is it so important to you?

[illegible]

The next step is the dismantling of a large goal into smaller targets that will help move towards the goal.

The first goal setting will be for the first week, and the actions are to be performed by the parents only.

During the coming week, choose a personal and a non-family goal. For example, start getting into shape, start eating more healthily, or any other habit you want to become a family thing.

My goal for next week is:

Now, take that goal and break it down into smaller actions. What actions can you do during the week to start fulfilling the same goal that you have set for your entire family? For example, do a double walk this week for half an hour on Monday and Thursday. What is the goal for the coming week? What do you want to achieve? more exercise? eating healthier? etc.

**What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?**

After you've passed the first week, it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 2 is:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 3 is:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 4 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 5 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 6 is:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 7 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 8 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 9 is:

**What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?**

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 10 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 11 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

it's time to start expanding your goal and pick another small goal. Of course, you continue with the same actions you did the previous week.

My goal for Week # 12 is:

[illegible]

What are the things that I am going to change in the next seven that I know I can handle?
What are the things that, after I do them, I'll know I've succeeded?

[illegible]

The thirty-day vegetable challenge

One of the most effective ways I have come to know to create habits of eating a lot of vegetables that suits both children and adults is the vegetable challenge.

The vegetable challenge is a very enjoyable way for the whole family to help each and every family member to eat more vegetables. What is good is that when you eat more vegetables and eat less of the other unhealthy foods, it will lead to weight loss. Today, because there is a target for a certain amount of pre-determined vegetables, after meeting the same daily task throughout the week, the next week adds another vegetable.

This means that if you eat four vegetables during the first week, the second week starts with eating five vegetables every day. If you cannot accomplish the task during the week and miss the amount of vegetables that you set for the week, you have to do another week of the same amount. A family does not accumulate points during this week and prevents further progress in stages. This means that children and all members of the family can increase the amount of vegetables they eat every day without feeling that they are being asked to, as in a game or small competition between the family members.

You will find the table below in the booklet attached to this book. Write in the name of each member of the family. Whoever has been on the mission for seven days will receive a star (*). One goal is to see who can eat the most vegetables by the end of the week (and they will receive two stars (**)).

Here's an example:

Family	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total	Stars
Daddy	3	4	3	3	4	3	4	24	*
Mommy	3	3	2	2	4	2	4	19	-
Jon	3	3	3	1	4	3	5	22	-
Jessica	3	4	3	5	4	3	4	26	**
Roxanne	3	3	4	3	4	3	3	23	*

Tips for the success of the vegetable challenge

- Every meal has vegetables, so every time you eat, you accumulate a good number of vegetables. At first, there will be no problem meeting the goals, but the larger the goal grows, the more challenging it will be to start from a higher number if you are not used to eating vegetables.
- The vegetables should be available and accessible to the children. The vegetables should be fresh and ready to eat. Prepare a plate of fresh vegetables every day, and place it in the refrigerator. If you cut or peel some vegetables, you can add lemon to keep them fresh.

Week 1

Family	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total	Stars

Week 2

Family	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total	Stars

Week 3

Family	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total	Stars

Week 4

Family	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total	Stars

Keeping a diary for the different types of hunger

So, how do you get to know those feelings and how can you tell them apart? First of all, what we do is pay attention to the feeling that is interpreted as hunger and check with ourselves what the body goes through and what it feels like.

Allow answers for the following questions:

- What kind of hunger is this?
- Where does it come from?

At first, it may be difficult to pay attention to the same feeling and where it comes from. One way to improve the identification of these feelings is that for a whole week, before you eat something, write down how you felt before that eating action. Were you sad, happy, or bored? Were you watching TV? Were you at work?

Write down which food you ate and at what time, and you will have more accurate tracking.

The same action will monitor how you act in different situations during the day with food, and you can actually map the same feelings that make you eat, and situations where you eat unnecessarily. Once you identify those situations, you can more easily work to change those habits and replace them with new habits that will help. For example, if you have noticed that you are usually looking for something to eat while watching television, and that eating is for employment, then, instead of eating snacks and sweets, you can replace it with healthier foods. This follow-up will help you see where it's harder for you and which situations put you in more stress or any other emotional state that makes you eat.

This exercise makes you think for a second before doing the action. The very fact that you stop for a second and check what happens to yourself at the moment is actually the exercise itself. Managing a diary can be very helpful at first to take this time out and concentrate on exactly what you are going through at the moment.

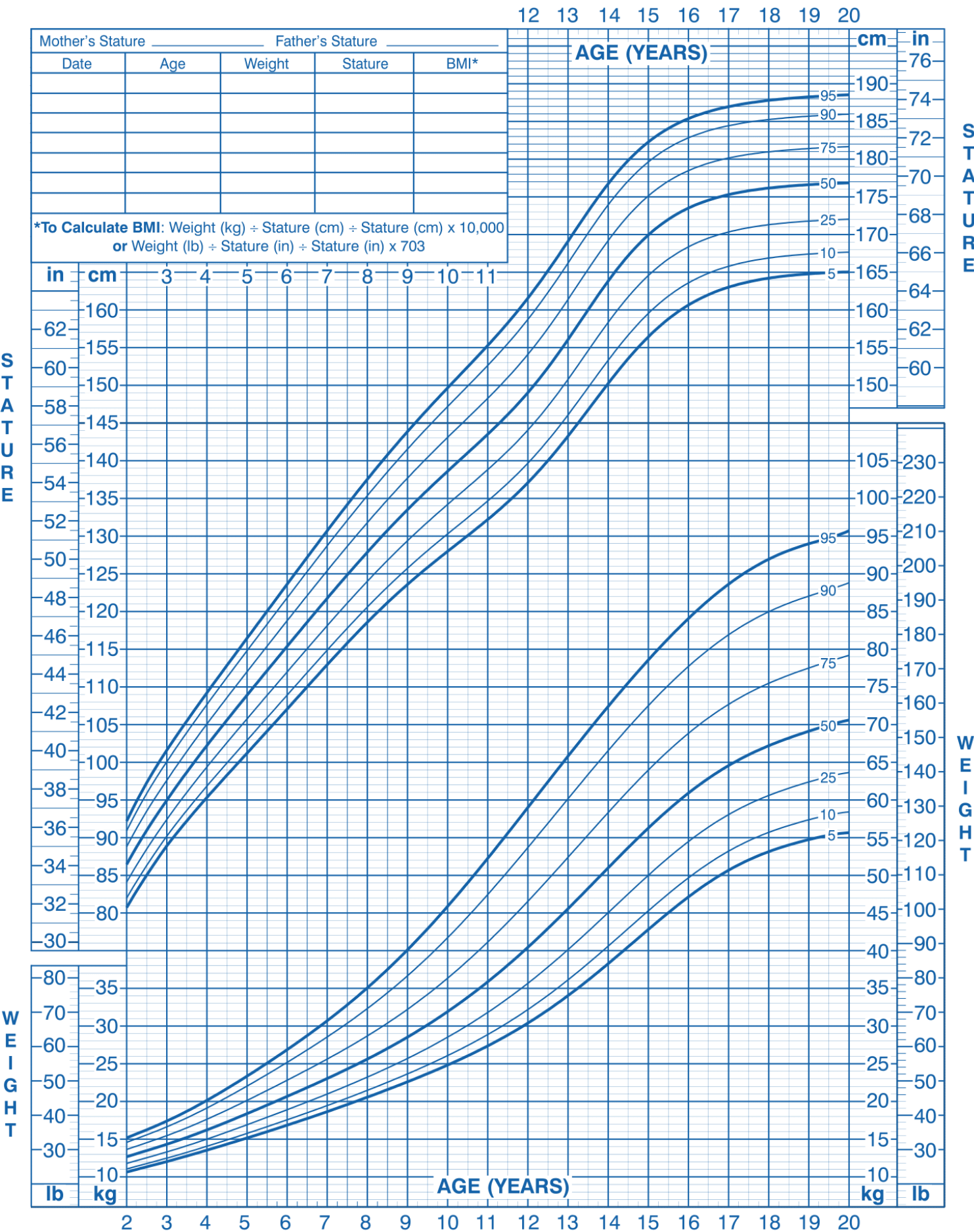
Day # 1

Time	Food	Emotional state	situation	How Much ?
:				
:				
:				

BMI charts

2 to 20 years: Boys
Stature-for-age and Weight-for-age percentiles

NAME _____
RECORD # _____

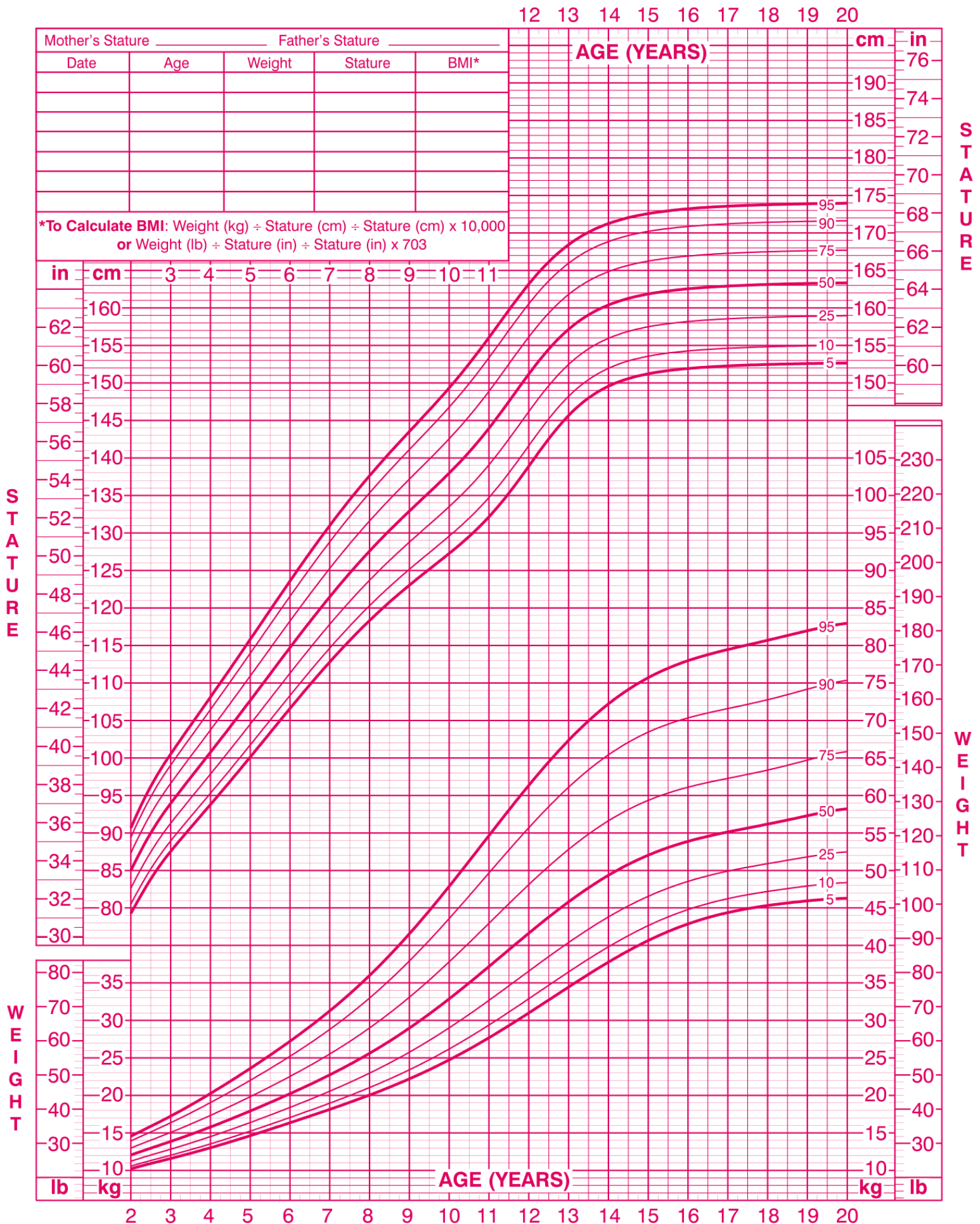


2 to 20 years: Girls

Stature-for-age and Weight-for-age percentiles

NAME _____

RECORD # _____



Published May 30, 2000 (modified 11/21/00).

SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>



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