Mind Over Body
WEIGHT MANAGEMENT

BRAINSTORMING FOR ALTERNATIVE ACTIVITIES WHEN YOU EXPERIENCE CRAVINGS

This worksheet will help you identify enjoyable activities you can start introducing into your daily routine and go to at times you struggle with cravings.

List possible alternative activities in the table below and rate on a scale from 0 to 10. How likely it is that you are going to do that activity.
0 = not likely at all, 10 = very likely.

Brainstorm as many possibilities and write whatever comes into your head down. Don't overthink it. Then go through them all and rate them 0- 10.

When you are finished, look through your list and eliminate any activity that has scored less than 7 out of 10. Write the ones that have scored 7 and above on an index card, read the card every day and keep it somewhere where you can easily access it when needed.

ACTIVITY	SCORE