

Yellow Caution Zone Worksheet

When the scale indicates you're at three-to-five pounds over your starting weight for a week, use this investigative tool to check to see where your motivation needs have changed or to address new challenges that have developed. Call to set up a one-on-one appointment with your S.T.A.R. coach.

STEP 1. REFLECTION: Review your S.T.A.R. Gazing Form and Lucky S.T.A.R.s Top 10

What did you discover from reviewing these sheets?

STEP 2. SEEING THE LIGHT CHANGE: Pull out your Green Safety Zone Contract

Go down the list of the basic behaviors you agreed to maintain and evaluate where you can strengthen your behavior patterns. You can also review the S.T.A.R. Encounter Summary kept by your S.T.A.R. coach. Make some notes of areas where changes have occurred:

STEP 3. REVISIT YOUR BACK-UP PLAN: Examine the plan for Charting Your Course

On your second visit, you were asked to anticipate the Yellow Caution Zone scenario by initiating an "early warning system" as a personal back-up plan (See "Charting Your Course—Creating Your Back-up Plan"). Are there any new challenges or barriers in your life now?

STEP 4. SELF-ASSESSMENT

Complete the self-assessment form recommended by your S.T.A.R. coach and write about what you've learned about yourself.

STEP 5. ACTION PLAN

Take a look at this worksheet above and choose the two-to-three most important changes you want to make now and complete an *Action Plan*, which is available from your S.T.A.R. coach.

FOR OFFICE USE ONLY	
CURRENT WT	PREV WT
DATE / /	DATE / /
QoL:	Nu QoL: