

SOCIAL WORK DIETARY HISTORY EXERCISE

(Must be completed before Initial Assessment)

Important Notice: it is essential to complete each task and bring the documents with you to all social work appointments in order to complete your assessment process. Failure to do so will result in a delay in your surgical process.

Any writing tools will be acceptable (i.e. lined paper, journal books, computer program etc.) as this will be a resource for the rest of your life.

The bariatric surgery is a tool which helps patient's loose weight but just as your last weight loss experience you can still regain your weight. It is important to understand the mental and behavioural tools you utilized in your previous attempts at weight loss. As well as what you were doing and thinking during the period you regained your weight. These issues will not change because of the surgery; therefore there are factors that could still impede your long term success for weight management.

This exercise is designed to help you identify factors that have been stumbling blocks to your weight loss maintenance in the past. And, attempt to diminish their influences on your new lifestyle journey.

A. Weight Loss Exercise 1

Review your weight loss attempts. What was happening in your life and how did you think when you were losing weights? How were you able to focus on the changes need at that time in your life?

B. Weight Gain Exercise 2

Review your weight gain after your weight loss. Often people can take weight off, the struggle is in keeping it off. What was happening in your life when you started to gain back the weight, you worked so hard to get off? Identify what the issues were that influenced the return of your weight and unhealthy lifestyle choices.