



# Preparation Checklist

You've almost finished your planning and you're about to begin your journey. To make sure you have everything in place, go through this checklist and take care of any items that might get in your way.

✓ **Check each of the items you need to work on.**

## Home

- ☐ Take leftovers or open food packages out of the refrigerator.
- ☐ Get rid of snack foods, including chips, cookies and crackers.
- ☐ Empty candy jars, kitchen drawers or other food stashes.
- ☐ Eliminate easy-access frozen foods.
- ☐ Check food in storage places such as pantry, basement or garage.

## Work

- ☐ Empty desk drawers and work area of candy bars or snack items.
- ☐ Identify high-risk locations and plan how to avoid them.
- ☐ Tell people at work about the plan. Ask for support.
- ☐ Buy opaque drink containers to use for your products.

## Self-care

- ☐ Get a supply of diet sodas, instant bouillon and non-caloric drinks.
- ☐ Plan books or movies for distraction during the first few days.
- ☐ Buy a journal or notebook for recording progress and thoughts.
- ☐ Make a list of nurturing activities that don't involve food.

## Support

- ☐ Decide how to tell others about the plan.
- ☐ Ask family for help—no open food packages, no restaurant demands.
- ☐ Plan family meals that don't require cooking, perhaps buy frozen dinners.
- ☐ Ask family to plan on clearing the table and putting away leftovers.
- ☐ Arrange for telephone buddies to call when needed.