

**JOB TITLE:**

**DIETER**

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**JOB PURPOSE:**

**IMPROVES PERSONAL HEALTH**

by

coming to terms with bad eating habits and less-than-optimum food selection choices; evaluating lifestyle activity level; using dietary guidelines to design a diet; consulting a physician regarding diet and exercise plan as relates to general health and medications; understanding calorie-counting basics and food groups; using fat and/or sugar substitutes; checking restaurant menus before deciding to dine; committing 30 minutes a day to being active.

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**ESSENTIAL FUNCTIONS:**

% of  
time

\_\_\_\_\_ **1. COMMITS TO LOSING WEIGHT**

by

coming to terms with bad eating habits and less-than-optimum food selection choices; understanding weight-related illnesses; envisioning looking and feeling healthier; examining expectations and motivations; resolving to eliminate or reduce causes of current behavior; developing goals; obtaining support from friends and/or professional therapists, nutritionists, and exercise physiologists; assessing coping mechanisms; writing a personal commitment contract.

\_\_\_\_\_ **2. SELECTS WEIGHT-REDUCING PROGRAM**

by

evaluating lifestyle activity level; researching established diets; using dietary guidelines to design a diet; understanding personal relationship with food.

\_\_\_\_\_ **3. PREVENTS MEDICAL CONTRAINDICATIONS**

by

consulting physician regarding diet and exercise plan as relates to general health and medications.

- \_\_\_\_\_ **4. DEVELOPS WEIGHT-LOSS STRATEGY**  
by  
envisioning weight-loss results; establishing realistic and achievable targets, actions, timetables, schedules, standards of performance, reinforcements, and punishments; anticipating diet-compromising situations.
- \_\_\_\_\_ **5. EATS HEALTHIER**  
by  
understanding calorie-counting basics and food groups; using fat and/or sugar substitutes; getting rid of poor-choice foods and snacks in pantry and refrigerator; restocking with healthy foods and snacks; incorporating diet plan into home menu planning; buying only items needed to prepare planned menu; developing a strategy for dining out; checking restaurant menus before deciding to dine; verifying ingredients in unusual dishes; asking for menu substitutions.
- \_\_\_\_\_ **6. COPES WITH CRAVINGS AND SETBACKS**  
by  
using positive self-talk; reducing situations risky for consuming not-in-the-diet bites, snacks, or drinks; acknowledging slip-ups; thinking and focusing on next time.
- \_\_\_\_\_ **7. BURNS CALORIES**  
by  
committing 30 minutes a day to being active; increasing exercise to 60 minutes when 30 minutes is no longer fatiguing; lifting weights; jumping rope; riding a bike; walking on a treadmill during favorite TV programs instead of sitting on the couch and eating chips; parking the farthest distance from appointments; using stairs instead of elevators.
- \_\_\_\_\_ **8. MAINTAINS HEALTHY LIFESTYLE**  
by  
making time for yourself; taking care of you first so you can take care of others; incorporating stress-reducing activities and meditation into lifestyle; planning for treats and enjoying them; supporting friends who want to do the same.

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