

Meal Consistency Worksheet



NAME DATE

How to use this worksheet

- Each time you eat a meal that's consistent with the habits you're working on, put an X in the box.
- Each time you eat a meal that's NOT consistent, put an O in the box. (Leave a cell blank if you didn't have that many meals.)
- At the end of the week, total up all your Xs and divide by the number of meals to get a consistency percentage.

Coaching tips

- Emphasize "consistency" rather than "compliance".
- Use this as both a progress tracker and as a way to surface limiting factors.
- As a progress tracker: Client has made progress when consistency (as a percentage of all meals) improves.
- Treat improvements in consistency as progress in and of themselves (in other words, simply being more consistent is worth celebrating).
- Look for the reasons why consistency improved, and build on those "bright spots" as well.
- As a way to show limiting factors: Use non-adherence / non-consistency to open up a discussion about why the client didn't do the task.
- Do NOT treat non-consistency as "failure" or "mistakes". Treat it as useful data.
- Explore "ready, willing, able".
- Look for patterns over the course of a day, and over the course of a week.
 - For example, the client does well in AM, struggles in PM; client does well Monday-Thursday but struggles Friday-Sunday.
- NOTE: not all clients need to achieve the same amount of consistency to reach their goals.
- Level 1 clients, or clients with more moderate goals, will do incredibly well shooting for 75-80% consistency.
- Level 2 clients, or clients with more advanced goals, will need to aim for 90% consistency or higher.



My consistency checklist

What counts as an "adherent meal" for you? What are you working on?

Habit 1

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Habit 2

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Habit 3

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Habit 4

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Habit 5

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Coaching tips

- You don't have to use all 5 habits. Generally, the fewer the better. However, as clients get more advanced, they may be working on a few things at once (e.g., lean protein + colorful fruits and vegetables + eat slowly).
- Agree in advance with the client what will count as "consistent" or a focus of adherence.

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7	DAILY Total	NUMBER OF ADHERENT MEALS
Sample Day	X	0	X	X	0			5	3/5

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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TOTAL MEALS EATEN THIS WEEK TOTAL ADHERENT MEALS CONSISTENCY PERCENTAGE

Coaching tips

- Help clients remember to do this, especially if food tracking is a new task. Consider setting up automated reminders around each meal time.
- Make it clear that having 7 possible slots to record meals doesn't mean that clients have to eat 7 meals.