W8LOSS2GO APP INSTRUCTIONS

INTRODUCTION

The W8Loss2Go app has a simple approach for losing weight: 1) stop eating between meals and 2) gradually reduce amounts at meals. It uses methods borrowed from addiction medicine. There are several areas of the app to help you with this approach.

MY INFORMATION

The "My Information" area contains your registration information and your app preferences. To get to your Information page, either log in or tap the circle "i" in the lower right corner of the app homescreen.

REGISTRATION

If you're not already registered in the app with a login name and password, tap on "Register" on your "My Information" page. Enter all of the information in the Registration screen. For easy recall of your login name, we suggest your first initial and last name, such as sjones for Susie Jones, which the app will automatically enter for you upon entering your first and last name. Your cell phone number can be found by tapping the Settings icon on the iPhone, then tap Phone.

After completing your registration screen, click "Send" to complete the registration.

PREFERENCES

This area contains the GENERAL, MY PHOTO, SCALES, and SPEECH sections. You may input your photo by tapping on the grey box in the MY PHOTO section, selecting an existing photo on your iPhone, or taking a new one of yourself. "Tare Weight" is the actual weight of a food item as it is being added to the food scale. Audible speech may be turned off/on for the text prompts that guide you through the app and separately for the food weighing prompts. A virtual coach may be selected with a photo and accent. If you are in a group program, your coach will automatically be the mentor for your group.

The Problem Foods Panel button in Preferences may be used to disable/enable that panel, for example if all problem foods are in control, so no further problem food prompts or notifications will occur. The Snacking Panel may be disabled in the panel itself, but dragging all time periods out of the working area. The Food Amounts Panel may not be disabled, once Dishing is started.

Times may be specified for daily reminder notifications to weigh-in and to check-in on the three food control panels. Default notifications times are 7-8 PM.

SECURITY DOOR

The app offers four security entrance door levels: 1) a 4 digit passcode (default security choice), 2) fingerprint, using the main round button, 3) double tapping with 2 fingers, and 4) no entrance security. Your passcode choice may be entered or changed in your Preferences, Edit my info page, and the four

security screen options may be selected in the Security screen line in Preferences. The fingerprint option requires that fingerprint entrance be setup for the iPhone itself, as well, in Settings.

LOGGING IN

Enter your login name and passcode, and tap the login button. If you leave the app, and then come back into the app, you will encounter the security door. If you selected the double tap entrance option, you will see the black "W8L2G" entrance screen. Tap with two fingers at the same time in the screen center to enter.

If you have registered but forgotten your login and/or password, and are in a group, you may ask your provider/mentor to look it up for you.

PROGRESS REPORT AREA

This is where you weigh-in each day. Research studies have shown that weighing in daily is best for weight loss. If you forget to weigh-in, a yellow notification will remind you. A special wireless (Bluetooth) body scale (Wahoo Balance Smartphone Scale) is interfaced to the app so that you won't have to type your weigh-ins. If you don't have a Wahoo body scale, you may enter your weigh-ins manually. If you do have a Wahoo scale, please install the batteries and step on the scale to confirm that the scale display works. Make sure "Bluetooth" is enabled in the iPhone settings.

To weigh-in tap the red "W" on the app's homescreen Progress Report icon. Tap "Entry Method" and select either "Wireless" or "Manual." If wireless is selected and the Wahoo scale is working, both circles should be green beside "Bluetooth" on the weigh-in page. Step on the Wahoo scale and your weight should appear on the weigh-in page. Type your comments, if you wish, and tap "Send."

The app requires a photo of your feet on the wireless scale every 7 days. The iPhone's camera is activated by stepping on the scale. The app instructs you to stand up straight and point the iPhone camera at the scale. The app will snap the photo after 3 seconds.

Your Weight Chart, Weight Chart Report, and Weight Chart Graph are in the Progress Report Area.

PEER SUPPORT AREA

This area contains bulletin boards for various age groups, a chat where you may chat one-on-one with any member of your group, and information about other members of your group (if shared).

The group members page shows times each member of the group is available for chatting, info on areas of the app each user shares with others in the group, and a group members list with photos and their stories, if shared.

PEER SUPPORT BULLETIN BOARDS

Your first name will be your default posting name. To change this, enter a new Bulletin Boards Posting Name in your Preferences, Edit My Info page.

MOTIVATION AREA

This area helps motivate you to lose weight and maintain it. There are several tools.

You can write why you dislike your current weight and why you want to be thinner, including pics (a pic is worth a thousand words!). You can make a photo of yourself look thinner (or heavier) by photographing your face and then pasting it on a virtual body about your size. You may slim your face and sliding to various weight loss (or gain) amounts will show you how you would look at that weight.

In this area, you also learn what overweight really means, how it affects your body and joints, and diseases that can occur from being overweight. There are motivation tips and success stories from others.

COPING SKILLS AREA

Getting in control of your eating involves dealing with life's problems without turning to food for comfort, escape, or stress relief. When you have problems or worries, your coping skills tools can help you deal with them and solve them.

There is a food-emotion diary, where you record everything you eat and what you feel just before and after you eat the food. You may feel sad, stressed, or bored and eat more at a meal or snack excessively between meals or binge to get relief. You may feel bad afterwards that you ate more than you intended. The food-emotion diary helps you realize the connection between emotions and eating.

You will learn what causes stress and how to manage it without turning to food. You will set up a list of support people, to whom you can talk when sad or stressed, instead of going to food. And, you will set up plans for managing your stress.

You will type a list of what worries you in your life. Then, you will type a plan for each worry. A plan makes worries and problems much easier to deal with and less stressful.

When you are able to cope with a situation or problem without turning to food, you will type it on your "Ways I've Coped" page.

VICIOUS CYCLES AREA

Vicious cycles are situations where doing something to cope with a situation actually makes the situation worse. For example, you eat to comfort the stress of being overweight, which results in being more overweight and more stressed.

You will click on "Types of Vicious Cycles." You should then click on each type of cycle and indicate "yes" or "no" whether you do this cycle. If you click "yes," the cycle will appear in your "My Vicious Cycles" section. Once you have indicated yes or no, the cycle will be grayed out.

In "My Vicious Cycles" click on any of your cycles. You will see suggestions on breaking the cycle. To break a cycle, attack any part of the cycle. For example, in the comfort eating cycle, either losing some

weight, making yourself happier, or finding other sources of comfort each will break the cycle. You will then enter your plan for how you will break your vicious cycle.

Once you have broken a cycle, check the "Cycle Broken" box, and the cycle will show up on your "Vicious Cycles I've Broken" page with a red "X" across it.

UNHOOKING AREA

Losing weight is difficult because the brain has become "hooked" on the pleasure and actions of eating to cope with life, quite like a drug addiction. The result is loss of eating control. The app's Un-Hooking area allows you to get back in control of your eating, by getting unhooked first from problem foods, then snacking, and lastly excessive food amounts at meals. There are control panels for each of these.

PROBLEM FOODS PANEL

A problem food is a specific food that you have trouble resisting. You may have cravings for the food and seek it out. It's been said that a problem food is like a drug-of-choice. There may be only one specific food you are hooked on, or there may be several.

Your problem foods panel helps you get unhooked from your specific problem foods. First, you list all of your problem foods. To get unhooked from them, you will need to totally stay away from each food (withdrawal) until you no longer have cravings for the food or difficulty resisting it when it's around. The W8Loss2Go app helps you do this. We recommend withdrawing from only one food at a time, but up to two foods at a time is allowed.

Generally, about 10 days of not eating a problem food is required for your brain to change, so that you no longer have difficulty resisting the food, but it may take longer. The app keeps track of the days you've not eaten each problem food. If you eat the food, your brain loses the changes you've worked on, so your days not eaten count will reset to zero, and you must start over on withdrawal from that food. The app will allow one missed day in the withdrawal process for each food.

To start withdrawing from your problem foods, go to the Un-Hooking Area and tap "My problem foods panel." Input all of your problem foods by tapping the "+" at the bottom of your Problem Foods page. Type the name of the food, then tap the camera lens icon to include a photo. You're encouraged to take your own photo of your problem food, which will mean much more to you, or you may use a photo in the app's Problem Food Library. Do this for each food that you have a problem resisting.

Once you have all your problem foods listed on your Problem Foods page, then tap the "Edit" button at the top. Three grey bars will appear to the right of each food on your list. Drag the bars of the foods you wish to work on up into the "Problem foods I'm working on" box. Then tap "Done."

Next, tap on a food in the "Problem foods I'm working on" box. The individual page for that food will come up. Tap the "Plans" button. Before you start withdrawal from a problem food, you need to check off each plan on your problem food's page such as motivation, support persons, etc. Tap on each particular plan that is unchecked and enter your plan.

Tap "My Triggers" on your problem food page. Triggers are situations that occur just before eating a problem food, like walking past a bakery or seeing the soda machine. It's much easier to avoid your triggers than not eating the food when it's in front of you. Please input all your problem food triggers. Tap on each trigger you've entered and type your plan for avoiding the trigger, like walking home a different way.

Then tap the "Methods" button on your problem food's page and tap the circle "i" beside "Un-hooking Methods." These methods help you to resist the problem food and distract from cravings to get through withdrawal. Select methods you like by turning them on. For some methods you must also turn on images.

Once you've completed your plans, triggers, and selected your methods, withdrawal from that food will automatically start. The start date will then appear in black.

Each day you will check-in on each problem food. If you forget, a yellow notification will remind you. Sliding a notification will take you directly to the check in page for each food you are working on. You will be asked questions like whether you've eaten that problem food and whether you've avoided your triggers and are using the methods you selected. Each day that you avoid eating the food, your "Days in a row not eaten" count will advance by one. If you've eaten the food, it will reset to zero and you must start over for that food. Please be honest if you've eaten the food, as that is the only way you will get unhooked from the food.

Whenever you have a craving for the food, you can use your tools to cancel the craving, such as viewing photos of gross things or gross videos in your Problem Foods Panel, if you selected them. In the moment of an urge, you can quickly view them in your ToolBox, which is found on the app's home screen. You may also use a foul smell or taste. Once at least 10 days of not eating the food has gone by and you answer "No" to "Do I still crave or have difficulty resisting the food?", that food will be sent to your "In Control" list with an "X" across it. You may then work on your next problem food.

Note: you may upload your own gross pics to the app to use for your problem foods. Go into your Problem Foods Panel main screen for a specific problem food you're working on, tap the Methods segment, then tap the "i" in the circle to select your Un-hooking methods, tap on Gross things, tap on the "i" in the circle to select your gross images, then tap on the camera icon at the bottom of the screen.

Once you have made it through withdrawal from all your problem foods, you don't want to get hooked on (addicted to) new ones or get re-hooked on the ones you've gotten off of. Therefore, avoid eating any problem foods for which you've gotten in-control, at least for several months or even longer. There is a section on "After problem food withdrawal" in the Un-Hooking area to help you keep from getting re-hooked. Think of it as if you're allergic to your problem foods.

The Motivation, Coping Skills, Self-esteem, Peer Support, and Distractions sections will help you withstand the pains of life without turning to food for comfort or relief. When you've had a bad day at school or work, or your parents are getting a divorce, you will be tempted to head for the fridge, the pantry, or the fast food place down the street and you may feel a binge coming on. At that point you can reach for this app to help you deal with such times. Chatting with a buddy or contacting your mentor in

your app eRoom also can help. If you slip up, just pull out the app, repeat your withdrawal process and follow your plans. The more you try to get unaddicted, the easier it gets.

CRAVINGS

These links explain what causes cravings and ways others have found that help. You type the situations that cause you to have cravings. You type ways you are going to deal with cravings. When you are able to resist a craving, you type it in the "Cravings I've been able to resist."

Most cravings will go away if you just wait a little while before eating the food you crave. There's a timer (link) to help you learn to reduce the time you have a craving. There are ideas to help you reduce how long a craving lasts, like distracting yourself. You time how long your craving lasts, and it stores your shortest time. Then you can try to beat this the next time you have a craving.

SNACKING PANEL

The Snacking Panel helps you to stop eating between meals. Snacking typically is eating whatever is available, rather than a particular food. If you eat three normal meals a day, you really don't need to snack between meals. It's much easier to cut down on amounts at meals, if you can avoid the see-saw effect of eating more between meals. Thus, snacking elimination is the goal before starting amounts reduction at meals. Always avoid skipping a meal, or you may be tempted to snack before the next meal or overeat at the next meal.

The Snacking Panel uses a small steps approach. You pick one or more time periods of day when you will avoid snacking -- morning, afternoon, evening, or nighttime. Once you've been able to avoid snacking during a time period for at least 10 days in a row, that period is designated "In-control," and you can then work on a second time period. To start working on a time period, go to the Unhooking Area, tap on "My Snacking Panel," Tap "Plans." Similar to problem foods withdrawal, you must check off each plan for Snacking withdrawal. Tap on My Triggers. Similar to your problem food triggers these are events that happen just prior to your snacking, like going into the kitchen or feeling bored. Type your snacking triggers and a plan to avoid each trigger.

Then tap on the "Methods" button and tap the circle "i" to the right of Add Methods. The methods help you withdraw from snacking. Turn on methods that fit your snacking behavior, like boredom, stress snacking, or night snacking then tap "Done."   Lastly, tap on "Times," then on the circle "i." Press and drag one or more time periods into the "Times I'm currently working on" area. Tap "Submit."

Similar to problem foods, you must check-in each day and answer questions about your snacking withdrawal. Once you've avoided snacking for 10 days in a row for a specific time of day, that time of day goes into your snacking "In-control" area. You may then work on further times of day, until you can avoid snacking for the entire day.

If you snack during the time of day you are working on or you miss checking in, your days accomplished count resets to zero and you must start over for that time period. Please be honest if you've snacked, as that is the only way you will get unhooked from snacking.

FOOD AMOUNTS PANEL

Your Food Amounts Panel helps you to reduce amounts of foods you eat at meals. Once you've stopped snacking between meals, you're ready to reduce amounts at meals. Tap on "My food amounts panel" in the Un-Hooking area. The Amounts Control page will come up. The food amounts panel likewise uses a small steps approach, so you won't miss the food taken away. And, the app contains tools to help you not miss the food taken away.

Reducing your amounts at meals is accomplished by weighing the amounts of all foods you eat at meals. A special wireless Bluetooth scale (Escali SmartConnect Kitchen Scale) automatically transmits your food weights to the app, so you don't have to type anything except the name of each food. If you don't have an Escali SmartConnect Scale, you may enter you food weights manually using any kitchen scale. To manually enter your food weights set the Escali kitchen scale setting to "Off" in your app's Preferences under the SCALES section.

Mostly, weighing foods will be for meals eaten at home, as it's difficult to weigh meals eaten outside the home. We encourage you to eat at home as much as possible.

FOOD WEIGHING

Weighing foods at meals is a proven method for losing weight as a way to reducing the amounts of foods that you eat (portion size). Weighing your foods avoids the emotional brain turmoil of trying to decide how much to take, or put back. A 17 year old girl, who lost 30 lbs., said, "It works because it's an 'exact number', I can't add more or less, there's no decision." The app will reduce your weighed food amounts gradually, so you won't miss the food taken away.

Weighing your foods is only a training process. Once you're able to reduce your food amounts by weighing them and you reach your goal body weight, you will then be able to "eyeball" amounts and maintain your weight.

Here's how to begin:

1) Recording: Choose 20-25 foods that you're frequently served at meals. You will agree to eat only these foods for the rest of this program, including foods for breakfast, lunch, and dinner. The maximum number of foods allowed depends on the app setting for your group. You will gradually be reducing the amounts of those foods. Limiting to only 20-25 foods makes it much easier to reduce the amounts, because you will frequently be eating each food and reductions will have more effect. Please carefully decide which foods you will list. Ask your parents or friends to help. Then tap the "Recording" icon either on the homescreen or in your "My food amounts panel," located in the Un-Hooking area. Tap "+" to enter each new food and type the names of the foods, until you have the maximum allowed number of foods listed in your "My Meal Foods list."

2. Once you've entered the maximum number of foods in your list, you will record the weight of the typical amount of each food that you serve yourself at a meal (starting amounts). Actually, you can do so while you're still listing foods. If you don't know what amount of a food you would typically serve yourself, just pick an amount that seems about what you would take. Don't weigh the amount you

"think" you should take or someone else recommends. Just weigh whatever amount you would usually take. If you usually take more than one helping, weight all the helpings together as one amount.

3. Plan your upcoming meals to include each food on your list, so that you can record the starting amounts. To weigh a starting amount, turn on the wireless food scale (Escali SmartConnect) with the power button and then put your empty dish on the scale. Tap the "Recording" icon on the app homescreen. Select the food on your "My Meal Foods list" and tap the grayed-out scale image next to the food name. Place your typical serving amount of that food on the dish. The wireless food scale will automatically transmit the weight of the food amount to the app page. Once you have your typical amount on the plate and the weight of the food is displayed, tap "Take photo" and snap a photo. Then tap "Save" in the upper right corner. You may also record the weights of the foods manually in the app.

4. You may weigh and record multiple foods in your meal by adding them to your dish one at a time. Each time you tap an un-weighed food name on your list, the app will ask "Is the dish on the scale?" When you tap "Yes" the app will zero out the weight of the dish and any foods in the dish, so the weight which then appears on the screen will be "0" until you add the next new food. Add the new food and the weight displayed will be only of that food. Take a photo of it in your dish, and tap "Save." Repeat this procedure until you've recorded the starting amounts of all the new foods in your dish. Similarly, do the same for all foods in your following meals until you've recorded the starting weights of all foods on your list.

You may remove and add new foods to your "My Meal Foods list" until you've recorded the starting amount weights of all your listed foods. The app will then automatically begin the reducing amounts process, called "Dishing," and the "Recording" icons on the homescreen and in your Food Amounts Panel will change to "Dishing." After that, foods on your list may no longer be changed,

5. <u>Dishing</u>: Once you've recorded starting amounts of enough foods, the app will congratulate you and state that Dishing will now begin. From that point on in this program you are asked to eat three (3) meals a day -- breakfast, lunch, and dinner. You're asked to eat <u>only</u> the foods and the amounts on your "My Meal Foods list", and <u>nothing</u> else, including nothing between meals. At each meal you will select from your list of recorded foods to dish your meal.

Before you can start the Dishing process you must complete your "food amounts triggers", your "plans", and select "methods" to help you to resist taking more than your weighed amounts at meals. Tap "Plans" and complete your plans and do the same for "My Triggers." Then tap "Methods" and the circle "i" beside "Add Methods." You may choose methods such as smaller plates/bowls and eating out. Once you've completed all these steps, you're ready to start Dishing.

At your next meal, tap the Dishing icon on the homescreen, select a meal, and push the up/down buttons to indicate the width of your dish. Tap "Next." Turn on the food scale, then place your dish on the scale. Do <u>not</u> place the dish on the scale until it has started up. Tap "Add food." Select a food from your recorded list. The app will inform you how much to weigh out for each food. The app will gradually reduce your amounts, until your weight is going down at least 1 pound per week. If your weight continues going down at that rate, the app will hold your amounts steady. If your weight stops going

down, the app will reduce your amounts again. This reducing will be done in small increments, so that your brain will adjust and you really won't miss the food.

Similar to recording starting amounts, in Dishing you may weigh out multiple foods for your meal by adding them to your dish one at a time. Each time you tap "Add food," the app will zero out the weight of the dish and any foods in the dish, so that only the weight of the new food will be shown as you add it. Repeat this for each food you add to your dish for that meal. Thus, there is no mess and when all the foods on your dish have been weighed, you're ready to eat. Do not take a photo of the meal until you've added all the foods you wish to your meal. The app allows up to five (5) foods to be dished per meal. Generally, it takes only 3-4 min. to weigh out all the foods for a meal.

The app will allow you to dish out 10% less or 5% more than the desired amount.

The meals "lock" one hour after dishing, so if you forget to add something you have an hour to add it. Once a meal is locked you can edit the meal's "Notes," by tapping on the meal (like lunch), but you can't edit the foods. The app discourages snacking on leftovers, which is one reason that the meals are locked one hour after dishing. Thus, you can't go in and snack and say, "Oh yeah, it's after lunch but I want something else." because the meal is locked.

Unless you eat items separately, like dry cereal by itself, it may be useful to combine items, like weighing and recording "cereal with milk." Grouping your various fruits into one recorded item "fruit" may not work if your typical servings of the multiple fruits weigh a lot differently. If you're using the "Naked foods" method, baked potato would be a single item without toppings. Otherwise, the stating amount of baked potato might be weighed with toppings on it.

Having only 20-25 foods on your list may seem too restrictive. But, the advantages of only a limited number of foods on your list are: 1) less time required recording starting amount weights, so you can start dishing sooner; 2) less big "jolts" in the reduced amounts when a food is eaten frequently than if a food were eaten only occasionally, because the app continues to reduce the amounts of all the foods on your list "in the background;" 3) having less foods on your list turns foods eaten into "routine" or "generic" foods, rather than "exciting" foods, this makes it easier to reduce amounts and maintain it, and eating becomes more like taking a shower or brushing your teeth.

Weighing future meals: the app allows you to dish future meals up to 4 days ahead of time and then freeze the meals for later use. Weighing future meals has three advantages: 1) it minimizes the stress of trying not to take more when more food is sitting there, while you're weighing out foods; 2) for busy people like most of us, it's handy to weigh out several meals at a time and take them to a job or school; 3) it's helpful when you have leftovers of a meal to weigh and eat them as a second meal for lunch or dinner the next day.

To use the future meals dishing tap on the "dish meal for" calendar icon on the meal selection screen of the meal dishing feature. Next, you can choose what day you want to pre-dish for. Once the day is selected, dishing proceeds as before for the meal you select. When dishing for today, if you have a pre-dished meal that was dished for today's date, you will be reminded in the meal selector table, with the green label "pre-dished available" below the meal name. In addition, when you select a meal that has a

pre-dished meal, you will be asked if you want to use it. If you select yes, you will be taken to the "Consume pre-dished meals" tab, where you can select a meal to consume. To view a pre-weighed meal, tap on it in the list. You may choose to consume it or delete it. If you choose to consume it, you select a meal. Meals already dished or consumed for the day are disabled. If you choose to delete the pre-dished meal, you are asked why it was deleted.

Important food scale notes:

1) Timer mode: The right upper button on the food scale is a timer button. Accidentally touching the timer button during food weighing, or getting food or water on the button, will put the scale into timer mode. To get out of timer mode, remove the dish and any non-weighed food from the dish, clean the timer button, and tap the power button to restore the weighing mode.

2) Touching or getting water on the scale's "Tare" button will cause the app's food weight to be in error. If the app's food weight value suddenly changes dramatically, check to see if the "tare" word appears on the scale display. Turn the scale off, remove the dish, clean the tare button, turn the scale back on, replace the dish, and continue.

   Spilling water or food on any of the scale's buttons may cause the scale to malfunction.

3) out2 error: The scale may not start up properly with a heavy dish on it and will display the out2 error as shown at right. Please always turn on the scale without a dish on it.

MY MENTOR AREA

The app allows you to work with a mentor or coach to help you with your weight loss.

Mentor Messages. You may send and receive texts via the app with your mentor, or you may do private messages in your personal eRoom. You will receive an alert when there's an eRoom message from your mentor. Slide the yellow icon to be taken to the message. It's important that you respond to all mentor texts or messages in your eRoom within 24 hours.

Mentor Appointments. If you have a weekly phone appointment with your mentor, the time will be listed in your My Mentor area. You will receive a reminder two hours prior to the appointment. It's important that you are available to take the call at the scheduled time.

DISTRACTIONS

Being hooked on problem foods, snacking between meals, or eating large amounts at meals all typically result from eating to comfort sadness, stress, or boredom or when you're just nervous or tense and want something to munch on or swallow. Distractions can really help you to avoid turning to food in

those situations or wanting more at a meal. When you distract your brain and relax, you forget about food.

The app's <u>Distraction Ideas Jar</u> is where you place ideas for distracting your brain in order to curb urges to eat. You do this beforehand when you're relaxed and have plenty of time. This is like writing ideas on slips of paper and putting them in a cookie jar. Tap the "Distractions" icon on the home page and tap "+" to type an idea, like gardening, shooting hoops, listening to music, working on a hobby, texting a friend, or reading. Tap "Save." Distractions with other people are the best. When you crave a problem food or have the urge to snack or want more at a meal, you can "swipe" your Distraction Ideas Jar and out pops an idea. If you're in a group program with the app, all ideas created by the group are available by tapping "Group ideas." Tap "List" to see all your ideas or those of the group. Each time you come into the Distractions Jar area, ideas in your jar are shuffled, so when you pull one out it will be different each time. Swipe right to go forward in your ideas and left to go backwards. To edit the list of your ideas, tap "Edit." and tap the pencil beside the idea. Tap "Done" when you've finished. Tap "Jar" to close the jar. To copy an idea from the group to your own ideas, select the idea, copy, then tap "+" and paste.

When you crave a problem food or have the urge to snack or want more at a meal, you can also talk to your emotional brain as if it were a 4 year old kid, for whom you're babysitting. Imagine that the 4 year old, who is overweight, is screaming for ice cream. His parents don't want him to have it. How do you deflect this child from the ice cream? Giving in, even once, would just make the situation happen again. The solution is to distract the child with something else. Similarly, distractions can deflect your emotional brain when it wants food that you don't need.

SELF ESTEEM AREA

Your self-esteem is how you feel about yourself. This area helps you increase your self-esteem. Fill out and review the following areas:

1. My Story. Here you can write about yourself, things you like to do, how you feel about yourself, your struggles, what helps you cope, and so forth. You can allow other people to see your story area or not. (default is not).

2. Self-Esteem Tips from others. Here you can read tips from others about improving your self-esteem.

3. My Strengths – Things I'm good at. List your strengths and things you are good at and things you like about yourself.

4. Things I like about the way I look - List things you like about your appearance and your qualities. You may say, "I don't like anything about the way I look." But, maybe you like your eyes or even your toes. No matter how insignificant you think it is, if you like something about the way you look, type it.

5. What other people like about me – This is where you list the things other people like about you. If you don't know what other people like about you, ask a friend or someone you trust. Take a risk.

6. Nice things I've done for others – List nice things you've done for other people, like helping an old lady up the stairs or simply smiling at someone who's feeling down. Remembering these nice things

when you feel sad or stressed really makes you feel good, even if those things happened years ago. Thinking about just one nice thing you've done for someone also helps you to get to sleep.

7. Things I'm thankful for – List things you are thankful for in regard to yourself and your life. What things are you thankful for, like not having cancer or having a certain talent or ability. This helps improve your happiness and appreciation for your life.

8. What I can do to improve myself - List things you can do to improve yourself besides losing weight. List anything that you think you could do, even if it seems impossible. Even just typing it is a start.

MY TOOLBOX

This is where you can store links to parts of the app you find particularly useful, so you can find them quickly, like when you have an urge to snack or feel a binge coming on. Examples are your reasons to be thin or gross videos. To store an app page in your ToolBox tap the toolbox icon at the top of the specific page. You may edit the items in your toolbox by tapping the "Edit" link in the upper right. To reorder your ToolBox items, tap "Edit" and drag the gray bars to the right of each item up or down. The Toolbox already has useful items in it, which you may edit.

TROUBLE SHOOTING

If the W8Loss2Go app should fail to function properly, such as not connecting to the wireless scales, restarting the app may help. Double tap the round button on the iPhone to see all apps that are running. Scroll left or right to locate the W8L2G app. Swipe the W8L2G app upwards to stop the app. Then tap the app icon to restart.

If restarting the app fails, then delete and reinstall the app. Push and hold the app icon until it starts to shake. Tap the "X" in the icon corner. Tap "Delete." To reinstall the app go to https://www.patientecare.com/app/