

## HABITS OF SUCCESSFUL BARIATRIC SURGERY PATIENTS

We all aim to be successful after our weight loss surgery, but sometimes we can get off track. There are certain habits that long-term post-op patients embrace which allows them to STAY on track. It's never too late to make a positive change:

What are your thoughts about what it takes to develop healthy habits as they pertain to:

Fluid Intake:

Food Intake:

Journaling and diary:

Avoiding processed foods:

Adding carbs to your diet:

Using vitamins and supplements:

Following post-op protocols:

Understanding that surgery is just part of the equation:

Embracing exercise:

Positive self-talk vs negative self-talk: