

Ready for Surgery



Rate yourself in terms of
Readiness for surgery
Considering the list below



- 1200 cal Liquids Only diet x 2 weeks
- 1200 cal Limited Choice diet X at least 3 months
- No bread products, rice, pasta
 - Exercise 30-60 min/day
 - Binder together and studied
 - Some weight loss
 - Removal of trigger foods
 - Quit smoking
 - Plan for what to do when Bored or stressed not Involving food

100%

90%

80%

60%

70%

50%

40%

30%

20%

10%

Start

