

Self Research Charts

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The Research Method: Coin Transfer

Instructions are on Page 70 of the book, 4 Changes Fix Your Eating

Changes	Date	Coin Total		
Pre-test: Before any changes				
Change 1a. Before 1b.				
Change 1. Before Change 2.				
Change 2. Before Change 3.				
Change 3. Before Change 4				
Change 4				
4 Weeks Maintaining Changes				
2 Months Maintaining Changes				
Partial Change Research	Date	Number of Weeks	Coin Total	
Maintaining Change 1				
Maintaining Change 2				
Maintaining Changes 1 & 2				
Maintaining Change 3				
Maintaining Changes 1, 2, & 3				
Maintaining Change 4				
Maintaining Changes _ _ _ _				
Sustained Changes	Date	Coin Total		
After 1 month				
After 2 months				
After 90 Days				
6 months				
9 Months				
1 Year				

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Changes	Date	Coin Total		
Appetite Vs. Hunger	Date	Appetite Indicators	Hunger Indicators	Total Indicators