Session 16: Ways to Stay Motivated.

Progress Review

Changes you've made to be more active:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Changes you've made to eat less fat (and fewer calories):

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

If not, what will you do to improve your progress?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Ways to stay motivated:

1. Stay aware of the benefits you’ve achieved and hope to achieve.

What did you hope to achieve when you first joined the DPP? Have you reached these goals?

________________________________________________________________________

________________________________________________________________________

What would you like to achieve in the next six months of the DPP?

________________________________________________________________________

________________________________________________________________________

2. Recognize your successes.

What changes in your eating and activity do you feel proudest of?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

You did it!
3. **Keep visible signs of your progress.**

Post weight and activity graphs on your refrigerator door.

Mark your activity milestones on a map toward a particular goal.

Measure yourself (waist, belt size) once a month.

4. **Keep track of your weight, eating and activity.**

Record your activity daily.

Record what you eat this often: __________________________

Record your weight on: __________________________

5. **Add variety to your routine.**

How have you varied your activity?

__________________________

What meals, snacks, or foods are you most bored with?

__________________________

Can you think of some ways to vary this part of your eating?

__________________________
6. Set new goals for yourself. Develop ways to reward yourself when you meet each goal.

Goals: Specific, short-term, just enough of a challenge.

Rewards: Something you will do or buy if and only if you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

7. Create some friendly competition.

Set up the kind of competition in which you both win.

8. Use the Lifestyle Balance staff and others to help you stay motivated.

Call a Lifestyle Balance staff member, participant, or friend for encouragement and support.
Choose one way to stay motivated that would be helpful to you now.

Make a positive action plan:

I will: ________________________________

When? ______________________________

I will do this first: ______________________

Roadblocks that might come up: I will handle them by:

_____________________________ _______________________

_____________________________ _______________________

I will do this to make my success more likely:

__________________________________________

How can we help you?
To do next week:

I will:

Keep track of my weight, eating and activity.

Try my action plan for staying motivated.

Did it work? If not, what went wrong?