

Session 16: Ways to Stay Motivated.



Changes you've made to be more active:

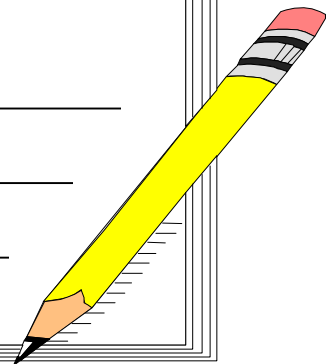


Changes you've made to eat less fat (and fewer calories):

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?



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:

Problems
can be solved.

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?

