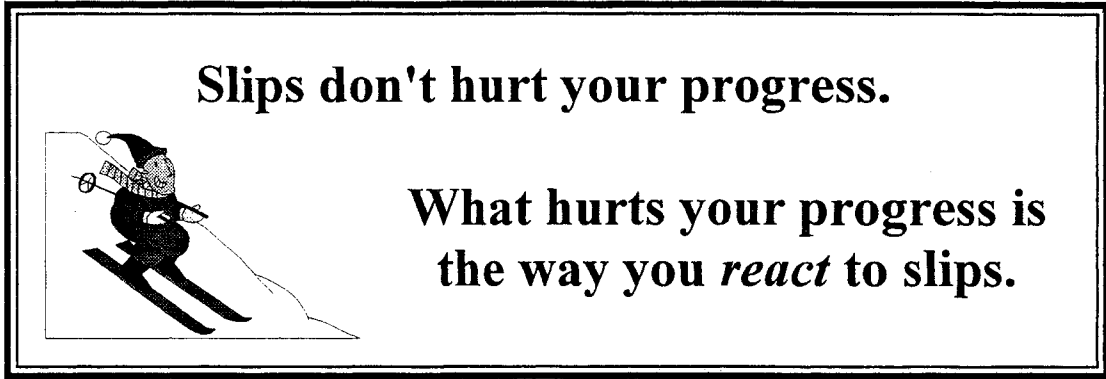


The Slippery Slope of Lifestyle Change.

“Slips” are:

- Times when you don't follow your plans for healthy eating or being active.
- A **normal** part of lifestyle change.
- To be expected.



What things cause you to slip from healthy eating?



What things cause you to slip from being active?

What causes you to slip is learned. It is a **habit**.
The way you react to slips is also a habit.

**You can learn a new way to react to slips
to get back on your feet again.**

What to do after a slip:

First, remember two things:

→ **Slips are normal and to be expected.**

99.99% of all people on their way to losing weight and being more active have slips.

→ **No one time of eating too much or not being active, no matter how extreme, will ruin everything.**

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

So after you slip:

1. **Talk back to negative thoughts with positive thoughts.**

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

2. **Ask yourself what happened.**

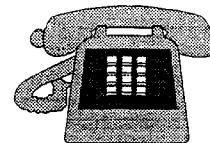
Learn from the slip. Can you avoid it in the future? Manage it better?

3. **Regain control the very next time you can.**

Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

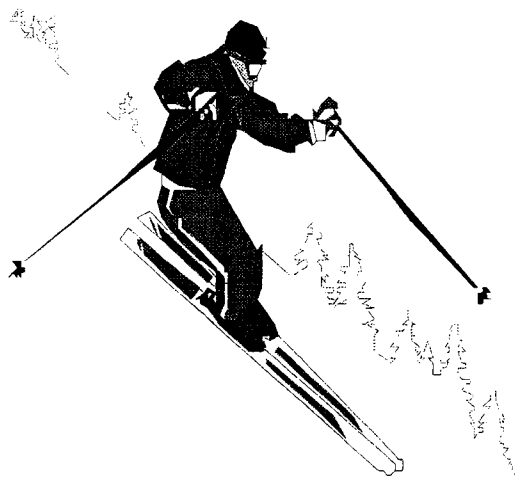
4. **Talk to someone supportive.**

Call your lifestyle coach or another friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort:



5. **Focus on all the positive changes you've made.**

You are making life-long changes. Slips are just one part of the process.



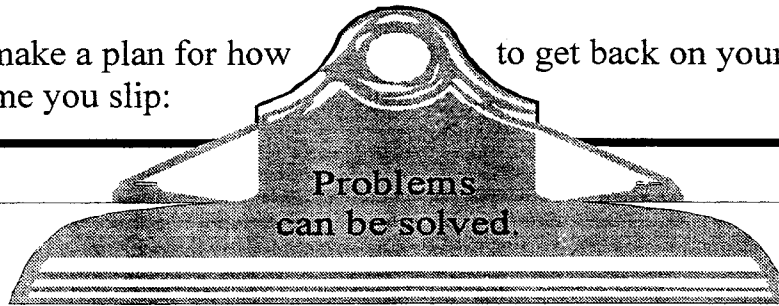


Slips from healthy eating:

Describe one thing that has caused you to slip from healthy eating:

Can you avoid it in the future? If so, how?

If not, make a plan for how to get back on your feet the next time you slip:



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?



Slips from being active:

Describe one thing that has caused you to slip from being active:

Can you avoid it in the future? If so, how?

If not, make a plan for how
you slip:

to get back on your feet the next time

**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?



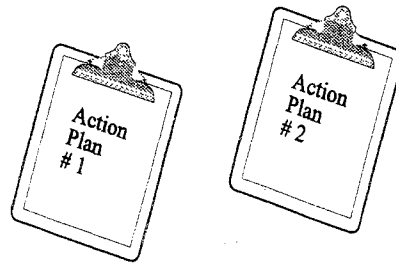
To do next week:

I will:

- Keep track of my weight, eating and activity.



- Try my two action plans for handling slips.



- Answer these questions:

→ Did my action plans work? _____

→ If not, what went wrong? _____

→ What could I do differently next time? _____
