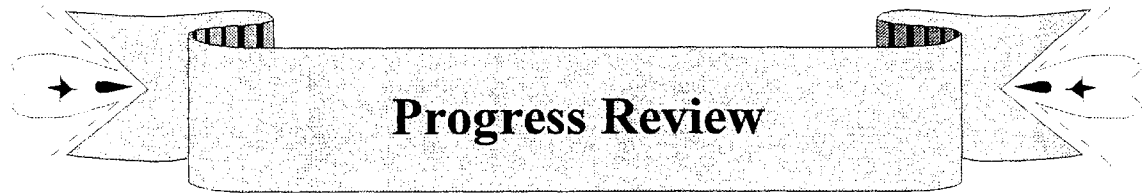


# Session 16: Ways to Stay Motivated.

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Changes you've made to be more active:

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

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Have you reached your weight goal?       Yes       No

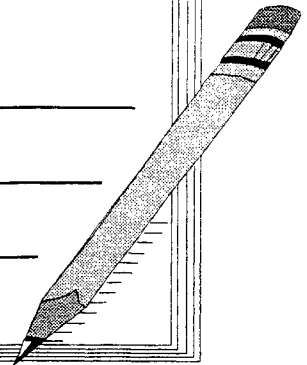
Have you reached your activity goal?       Yes       No

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

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# 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?

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

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## 2. Recognize your successes.

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



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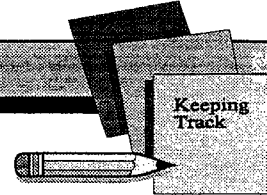
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### 3. Keep visible signs of your progress.

- 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?



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**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.**

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Make a positive action plan:

Problems  
can be solved.

I will: \_\_\_\_\_

When? \_\_\_\_\_

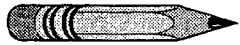
I will do this first: \_\_\_\_\_

|                                |                        |
|--------------------------------|------------------------|
| 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?

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