

Week 16: Walk to Wellness

Moving Forward

CONGRATULATIONS!



Staying Motivated!

A key part of keeping on track with healthy habits is staying motivated. This week, we will review ideas for staying motivated that worked for others. It is important to find out which ideas work best for you.

Moving On!

As you move beyond this program, use what you learned to keep watching your weight, eating healthy, and being physically active.

Stay focused, motivated, and committed to working through the difficult times. Remember your goals and how far you've come.

Congratulations on a job well done!

PROGRESS REVIEW

Changes you made to be more active:

Changes you made to eat fewer calories:

Have you reached your weight goal? Yes / No

Have you reached your activity goal? Yes / No

If you have not met one or both of these goals, what will you do to move closer to them?

Ways to Stay Motivated

1. Stay aware of the goals you've already reached and the goals you plan to reach.

- ✓ What did you hope to achieve when you first joined this program?
- ✓ Have you reached these goals?
- ✓ Were there any benefits to being in the program that you did not expect?
- ✓ What would you like to achieve during the next 6 months of the program?

2. Recognize your successes.

- ✓ What changes in your eating and activity do you feel proudest of?
- ✓ What was easier than you thought it would be? What was harder?

3. Keep visible signs of your progress.

- ✓ Post weight and activity graphs on your refrigerator door.
- ✓ Mark on a chart your activity milestones toward a specific goal.
- ✓ Measure waist or belt size once a month.

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

- ✓ Record your activity daily.
- ✓ Record everything you eat every day.
- ✓ Record your weight once a week on: _____

3. Add variety to your routine.

- ✓ How have you varied your activity?
- ✓ How do you vary meals and snacks to avoid becoming bored?
- ✓ Can you think of some new ways to vary your food choices?