

CHECK-IN: YOUR LONG-TERM SUCCESS PLAN

Take a long look back at the work you've done and how far you've come. Then, lay the groundwork for the future, by reviewing your most important assets and achievements.

Repeat this exercise or revisit this page every few months or so, revising it if you need to. That way you'll always keep your weight-management goals in focus.

1) Which behavior change was most helpful to you for losing weight, and why? Think of the steps you've taken—keeping a food diary and activity log, planning meals, identifying and calling on your supporters, and more.

2) How will you handle the following unexpected setbacks?

a) You planned a long workout, but your in-laws drop by for a surprise visit. What do you do?

b) You ordered a single portion of "Garden Pasta," but the waiter brings you something you never expected: a manhole-cover-sized platter of pasta drenched in cheesy sauce, with just a few scattered bits of vegetables. What do you do? What will you do next time you order something you've never ordered before?

3) You're feeling very stressed out. What will you do?

And if that doesn't work?

And then?

4) Name four people who will help when you need them. Define each person's specific role.

WHO?

HOW WILL HE/SHE HELP?

WHO?

HOW WILL HE/SHE HELP?

WHO?

HOW WILL HE/SHE HELP?

WHO?

HOW WILL HE/SHE HELP?
