

# SESSION 25: Get Back on Track



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about getting back on track with your eating and fitness goals.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

**DO:** Briefly summarize previous session.

**DISCUSS:** What questions do you have about our last session?

**SAY:** Let's talk about how things went with the action plan you made last time.

**DISCUSS:** What went well? What didn't go so well?

**SAY:** Now let's talk about how things went with the other things you tried at home.

**DISCUSS:** What went well? What didn't go so well?

## Objectives (2 minutes)

**SAY:** It's normal to get off track with your eating and fitness goals from time to time. Today, we will talk about how to get back on track and prevent similar lapses in the future by:

- Staying positive
- Using the five steps of problem solving

Finally, you will make a new action plan.

## Everyone Slips Up Sometimes! (2 minutes)

**SAY:** You've been doing a great job staying on track with your eating and fitness goals. But there may be times when you fall short of your goals for a week or two. This is called a lapse, and it's very normal.

Let's look at an example. Please turn to "Kofi's Story" in this module's handouts.

**DO:** Read (or ask a volunteer to read) the story.

## Stay Positive (5 minutes)

**ASK:** What does Kofi do instead of giving up?

**ANSWER:** He decides to take action to get back on track and prevent similar lapses in the future. He stays positive. And he uses the five steps of problem solving.

**DISCUSS:** What are some positive thoughts that Kofi could think?

Positive thoughts include:

- "I've made so much progress."
- "Yes, I made a mistake. But I'm not likely to gain more than a few pounds from it."
- "My family and friends will help me."

**SAY:** The next step is to solve problems. Problem solving has five steps:

1. Describe your problems.
2. Come up with options.
3. Choose the best options.
4. Make an action plan.
5. Try it.

We'll go through each step in turn.

**SAY:** First of all, clearly describe your problems. And try to figure out what caused them.

**ASK:** What are Kofi's problems? What do you think is causing them?

**ANSWER:**

**Problem 1:** He doesn't have a healthy lunch each day.

**Cause:** Kofi is worried about losing his job, so he comes to work early. That means he doesn't have time to pack his lunch in the morning. So he gets a candy bar from the vending machine instead of having a healthy lunch.

**Problem 2:** He doesn't get enough activity each day.

**Cause:** Kofi is worried about losing his job, so he sits at his desk and works through lunch. As a result, he doesn't take his usual lunchtime walk and doesn't get enough activity each day.

**SAY:** Once you've described your problems, the next step is to come up with options for solving them.

Both of Kofi's problems have the same root cause.

**ASK:** What is the root cause of his problems?

**ANSWER:** He's worried about losing his job.

**DISCUSS:** What are some better ways for Kofi to deal with his worries, instead of coming in early and working through lunch?

Better ways to deal with his worries include:

- Ask his boss if his job is really in danger. He may be worrying for no reason.
- Ask his boss what he can do to protect his job instead of coming in early and working through lunch.

Let's say Kofi keeps coming in early and doesn't have time to pack his lunch in the morning. How could he make sure he eats a healthy lunch each day?

To make sure he eats a healthy lunch each day, Kofi could:

- Pack his lunch the night before, or on the weekend
- Keep a stash of healthy snacks at work
- Ask a friend or family member to pack his lunch for him
- Shop for items that he can pack quickly, such as fruit and yogurt

**DISCUSS:** Let's say Kofi keeps working through lunch. How could he make sure he gets enough activity each day?

To make sure he gets enough activity each day, Kofi could:

- Take the stairs instead of the elevator
- Ride his bike to work
- Park in a distant part of the lot

**SAY:** Once you've come up with options to solve your problems, the next step is to choose the best ones.

We brainstormed lots of great options for Kofi. We'll focus on Problem 1: He doesn't have a healthy lunch each day. Let's help Kofi choose the best three options to solve that problem.

**DO:** Work together to choose the best three options for Problem 1. If the group has trouble agreeing, take a vote

**SAY:** Once you've chosen the best options to solve your problems, the next step is to make an action plan to put those choices into practice.

This is something you've been doing since you started working on changing your diet and physical activity habits, so I'm sure you're very good at it by now.

Please turn to your Action Plan Journal. Take out one of your blank action plan pages. We'll use it to make Kofi an action plan to solve Problem 1.

**ASK:** What is Kofi's goal?

**ANSWER:** To eat a healthy lunch each day

**SAY:** Please write "eat a healthy lunch each day" next to "Between now and the next session, my goal is to \_\_\_\_\_."

Now let's write the three options we chose for Kofi by Action 1, Action 2, and Action 3.

**DO:** Work together to fill in the rest of the action plan (where, when, how long, challenges, ways to cope).

**SAY:** Once you've made an action plan, the next step is to give it a try.

Kofi tries out his action plan, and it works! He now manages to eat a healthy lunch and get enough activity each day.

Kofi is proud of himself for getting back on track with his eating and activity goals. And he's already lost the two pounds he put on.

Plus, things are going better at work. He's no longer worried about losing his job.

## Setting goals: Plan for Success (5 minutes)

**SAY:** Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

**SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound**

**Decide:**

**Specific:** What will you do and where will you do it

**Measurable:** How will you know that you met your goal

**Achievable:** Is this something you can do between now and the next session

**Relevant:** Does this relate to your overall goals

**Time-bound:** When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

**ASK:** Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

## Summary and Closing (5 minutes)

**SAY:** Between now and our next session, I'd like you to read "Kofi Uses the 5 Steps of Problem Solving".

I'd also like you to complete "Get Back on Track. Please think about issues that have caused—or may cause—you to get off track with your eating and fitness goals. Choose one of these problems. Then stay positive and use the five steps of problem solving.

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we talked about how to get back on track with your eating and fitness goals and prevent similar lapses in the future by:

- Staying positive
- Using the five steps of problem solving

**DISCUSS:** Do you have questions about anything we talked about today?

**SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.