

# SESSION 6: Tracking Your Physical Activity



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about tracking your physical activity.

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:** Tracking your minutes of activity each day can help you lose weight and maintain weight loss. Through your SMART goals and our other sessions, you may already be tracking your activity. Today, we will talk about:

- The purpose of tracking
- How to track more of your activity

You'll also get a chance to practice tracking your activity.

Finally, you will make a new action plan.

## Purpose of Tracking (10 minutes)

**SAY:** Let's start by talking about the purpose of tracking. You probably track many things in your life already and you have been tracking some aspects of diet and exercise already.

**DISCUSS:** What are some things you track?

**Examples of things people may track include:**

- My blood pressure, to make sure it doesn't get too high
- My checking account balance, to make sure I don't bounce a check
- My child's grades, to make sure she doesn't fall behind
- The amount of food in my fridge, to make sure I don't run out
- The amount of medicine in my bottle, to make sure I don't run out
- The gas in my car, to make sure I don't run out
- The laundry in my laundry basket, to make sure I do the wash in time

**ASK:** Why do you track these things?

**ANSWER:** So that I can take needed actions to meet my goals.

**ASK:** So what do you think is the purpose of weighing yourself at the start of each session?

**ANSWER:** It helps you work toward your weight goal.

**ASK:** And what's the purpose of tracking your minutes of activity each day?

**ANSWER:** It helps you work toward your activity goal—to get at least 175 minutes of activity each week. The activity should be of at least a moderate pace.

## How to Track Your Activity (23 minutes)

### ACTIVITY: Practice Tracking

**SAY:** We've talked about why it's important to track your minutes of activity each day. Now we'll practice doing it. Let's march in place while we talk about how to track.

**NOTE:** *You can choose another activity, such as a brief walk outside, if weather permits and all participants are able to do it. You could also find a short online video workout and do that. Here are some options:*

<https://www.nytimes.com/2022/05/24/well/move/joy-workout-exercises-happiness.html>

<https://www.playfitt.ca/post/best-movement-breaks-list#:~:text=Movement%20breaks%20are%20quick%20moments,prolonged%20sitting%20or%20sedentary%20activities.>

**DO:** March in place with participants. **Keep track of how long they march.**

**ASK:** Tracking your minutes of activity has two steps. What do you think they are?

### ANSWER:

- Time your activity.
- Record your minutes of activity.

**DISCUSS:** What are some ways to time your activity?

**DO:** If you'd like, bring in some examples of ways to time their minutes of activity. Show participants how to use them. By now, you will probably know if people are using activity trackers or not.

**SAY:** Great marching everyone! You can stop now.

You marched for \_\_\_\_\_ minutes. Let's write that in your Fitness Log or record in your app.

**DO:** Review the Fitness Log briefly. Help participants record those minutes of activity.

## Setting goals: Plan for Success (10 minutes)

**SAY:** As you know, to help you reach your overall goals, you will make a new action plan with specific smaller goals at each session. Please turn to your Action Plan Journal.

Review the concept of SMART goals if needed (by now, participants likely know how to construct a SMART goal).

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

For increasing your improving your diet/decreasing energy intake and physical activity over time, think about a goal you can work on between now and our next session. We also recommend you set a self-care or stress management goal using the SMART goal framework. This week, you could use trying a new way to track your physical activity as part of your SMART goals.

#### **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:** Please look at your Fitness Log again. If you are not using an app, you'll use it each day to track your minutes of activity.

Remember: Track activity of at least a moderate pace— activity that you can talk through, but not sing through. And make sure to include everyday activities, like sweeping the floor briskly and mowing the lawn.

There may be some days when you write down zero minutes, and that's OK. The key thing is to track every day for the rest of this program. You'll show me your Fitness Log at the start of each session.

**DO:** Answer questions as needed.

**SAY:** Let's turn to the handouts that go with this module. Between now and the next session, please read "How to Track Your Activity".

Now let's look at "How to Cope With Challenges". It shows some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

**DISCUSS:** What might you find challenging about tracking your activity? How will you work around these challenges?

**SAY:** We have come to the end of our meeting. Today we discussed how tracking your minutes of activity each day can help you lose weight or maintain weight loss.

**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.