

SESSION 16: Stay Motivated to Manage your Weight



Session Focus

Staying motivated over the next six months can help you continue to lose weight or maintain your weight loss.

This session we will talk about:

- How far you've come since you started this program
- Our next steps
- Your goals for the next six months

You will also make a new action plan!

Marie's Story

Marie has decided to eat right and get active.

Marie works hard and sticks to her plan. As a result, she reaches her weight goal. She also reaches her activity goal.

Strangely enough, once she reaches her goals, Marie doesn't feel quite as motivated. She starts sliding back to her old habits.

Marie decides to take action. She thinks about how far she's come. She sets a new weight goal. And she commits to her healthy lifestyle all over again. She even gets her husband to join her.

Today, Marie is back to feeling motivated. She plans to live a long and healthy life.

Your Goals for the Next Six Months

Activity Goal

If you are still working on increasing your physical activity, your goal may be:

In the next six months, I will get at least 175 minutes of activity each week at a moderate pace or more.

However, if you have reached this goal and would like to add additional physical activity, you can set a new goal – for example, you can increase your amount or intensity of physical activity or try a new activity.

Weight Goal

I weigh _____ pounds

IN THE NEXT SIX MONTHS, I WILL:

Lose weight

I will reach _____ pounds

Maintain my weight

I will stay at _____ pounds

Celebrate Your Successes:

Celebrating your success can help you stay motivated. Here are some healthy ways to celebrate. Write your own ideas in the column that says "Other Ways to Celebrate." Check off each idea you try.

WAYS TO CELEBRATE	OTHER WAYS TO CELEBRATE
<input type="checkbox"/> Blog about your success	
<input type="checkbox"/> Give yourself a small, non-food reward for reaching each goal	
<input type="checkbox"/> Make a graph of your progress over time (weight, steps each day, physical activity, clothing size)	
<input type="checkbox"/> Post "then and now" photos of yourself	
<input type="checkbox"/> Share your success on social media	
<input type="checkbox"/> Thanks friends, family, and coworkers who support you	
<input type="checkbox"/> Try on your "before" clothes	
<input type="checkbox"/> Start a success journal	
<input type="checkbox"/> Support someone else	

How to Cope With Challenges

It can be challenging to stay motivated. Here are 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.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I'm bored	<input type="checkbox"/> Set new goals for yourself <input type="checkbox"/> Take part in a friendly competition <input type="checkbox"/> Try a fitness app <input type="checkbox"/> Try new recipes and physical activities <input type="checkbox"/> Work out while you talk on the phone <input type="checkbox"/> Work out while you watch TV or movies <input type="checkbox"/> Work out with a friend or family member	
I'm not connecting with my health coach, primary care clinician, or group as often	<input type="checkbox"/> Find other ways to get support <input type="checkbox"/> Go to all the visits or group sessions that are left <input type="checkbox"/> Find a work out buddy	
I've gotten off track	<input type="checkbox"/> Stay positive <input type="checkbox"/> Follow the five steps of problem solving: <ul style="list-style-type: none"> • Describe your problems • Come up with options • Choose the best options • Make an action plan • Try it 	
My weight loss has stalled	<input type="checkbox"/> Build muscle <input type="checkbox"/> Try increasing your physical activity by 5 minutes each day <input type="checkbox"/> Try slightly reducing your calorie intake (100 calories/day) <input type="checkbox"/> Restart tracking what you eat and drink if you have stopped <input type="checkbox"/> Restart tracking your activity if you have stopped	