

Tel: 023 9224 1764 Mobile: 078 5484 8201

e-mail: terribryant@btinternet.com

Website: www.bodyfocus.org.uk



Week 5 – Maintenance – Keeping on track

This week there's lots to think about and lots more questions to answer. It is good to review and contemplate what is going well, what is not and what action can be taken to improve things.

There are no straight forward or easy answers. If you are serious about achieving your goals it is important that you take some time to think about how you want to take things forward as this will help you to be successful. You need to do this even if things are going well as there may come a time when you become complacent and lose interest.

If things haven't worked out for you quite as you would have liked, think about how you can learn from this and try to avoid the situation happening again, and have a plan or tool tucked up your sleeve to help you through it.

Only you can decide what will work for you. You know what your weak points are and where you can or need to make changes to improve things.

So this week there are lots of questions for you to think about. Some may not apply to you, but some may have some relevance. Take some time to write your answers down as this helps to reaffirm your intentions.

So ...

What were your goals?

- How important were they to you, and how confident were you about achieving them?
- What have you achieved so far?
- Have you made some progress towards your final goals?

How are things going?

- The first week – was it easy/hard, successful/not so good? What went right/wrong and why?
- The second week – was this week the same as the first? If not how was it different?
- The third week – was this week the same as the last? If not how was it different?
- The fourth week – was this week the same as the last? If not how was it different?

Generally

It is usual to plateau after the first few weeks. The weight loss slows down and the enthusiasm for being more physically active wanes. ***This is normal.*** Often, though, this is when people give up. Sticking to your plan and re-evaluating or reviewing your goals will help you to get through this.

We often feel things we cannot measure when we make a change to our lifestyle. We don't necessarily notice them until they are pointed out to us. It is important to think about these things too. Consider these points and if they apply to you write them down so that you can see the progress you are making.

Tel: 023 9224 1764 Mobile: 078 5484 8201

e-mail: terribryant@btinternet.com

Website: www.bodyfocus.org.uk



Week 5 – Maintenance – Keeping on track

Do you:

- Look and/or feel healthier
- Feel fitter
- Have more energy
- Sleep better

Are you:

- Taking more care over and/or eating a healthier diet
- Trying to build more physical activity into your daily life.
- Less stressed

If your health is one of the reasons why you are making these changes have you noticed any changes? E.g.:

- Reduction in blood pressure
- Better control over blood sugar levels.

If things are working out for you

- Have you achieved your goals or made progress towards them?
- Can you tick off some of the smaller goals?
- Are you on track to achieve your larger goals or have they changed?
- Do you need to rethink your goals and set some new ones - if you have any?
- What do you need to do about maintaining the changes you have made?

If you are struggling a bit

- What was it about your most successful week that made it successful?
- What was it about your not so good week that made it not so good?
- Think about your most successful week and what made it that way - what can you do about the not so good week to make it more successful?
- How can you avoid those difficult to manage situations?
- Do you need some new strategies or tools to keep you on track?
- What are the real reasons why you want to make this change?
- What will you do if you have a slip up? What can you do to prevent it/take control if it happens again?

If you feel you need to restate your goals and go through the planning process again download the Planning Worksheet from Week 1 to help you. Good planning and regular honest evaluation is the key to success.

As we said in Week 1, your plan will change. It is a working document. You will discover new reasons to achieve your goal(s) and you will find new goals to achieve. Always write them down.

Whenever you are having a difficult moment, think about what changes you have made so far, how far you have come and where you started from. Write them down!

Remember: small changes made over a period of time can make a big difference!