

Setting Goals

Changing Lifestyle Habits

Goal Setting

- Is the goal *Realistic*?
- Is a *Target Date* set for completion?
 - Short term and long term
- Is the goal *Measurable*?
- Is the goal broken down into small, realistic parts?
- Once accomplished, what rewards will you use?

Goal Setting

- Is the goal personally meaningful?
- Is a Relapse Plan Clearly established?

Example of Goal Setting

- Week 1: Walk 8 minutes per day, 3 days this week
- Week 2: Walk 10 minutes per day, 3 days this week
- Week 3: Walk 12 minutes per day, 3 days this week
- Week 4: Walk 12 minutes per day, 4 days this week
- Week 5: Walk 14 minutes per day, 4 days this week
- Week 6: Walk 16 minutes per day, 4 days this week
- Week 7: Walk 16 minutes per day, 5 days this week
- Week 8: Walk 18 minutes per day, 5 days this week
- Week 9: Walk 20 minutes per day, 5 days this week

Maintaining Behavior Change

- One of the greatest challenges you will face!



Maintaining Behavior Change

1. Prevent “slips” from occurring
2. Control how you respond

What is a “slip?”

- Mistake
- Lapse
- Deviation from the plan
- Error
- It is usually the first instance of backsliding!



What is a “slip”?

- First instance of backsliding
 - NOT an inevitable downward spiral
 - Just a brief experience!
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- Example: You miss your workout for one or two days; you consume more calories than your planned during a special meal, etc.

Preventing Slips

- Identify high-risk situations
- Learn from the past
- Plan in advance

Controlling your response to slips

- Respond in a way that gets you back on track ASAP

Identify that you have slipping

Recall what you were doing that had been helping

Resume it.

Remember

- Slip
 - Relapse
 - Collapse
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- A lapse is not a relapse or a collapse