

Get Back on Track

Sometimes when we get off track and revert to unhealthy patterns, it's hard to get back on track simply because we don't know how. Taking some time to think through approaches to handling a relapse will make getting back on track easier. In the event of a relapse, consider the steps you would take to get back to making healthy choices. Ask yourself:

- What will be the first realistic, doable, specific, and flexible dietary change you will do when you are ready to get back on track? Do you have a favorite healthy food? (Example: I'll eat a delicious but healthy salad for lunch or dinner.)

- What will be your first realistic, doable, specific, and flexible activity you will do when you are ready to get back on track? Do you have a favorite activity? (Example: I'll go for a 30-minute walk at the park with my husband after work.)

- When will you make these lifestyle changes?

_____ (minutes/hours/days) after I have experienced my relapse.

