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358

## Reviewing my commitment (Maintenance)

Do you remember when you started using a meal plan? You did it for a reason. What was it? Check any that apply and/or add your own.

- I wanted to feel better.
- I wanted to have more energy.
- I wanted to lose weight.
- I wanted to have better-controlled blood sugar levels.

Is there anything else that motivates you now? \_\_\_\_\_



## Renewing my commitment (Action)

How will I celebrate success?  
\_\_\_\_\_

Success is meeting your goal. How will you celebrate? \_\_\_\_\_  
\_\_\_\_\_

You can be proud of yourself. Changing eating habits is difficult. You can do this for the rest of your life.



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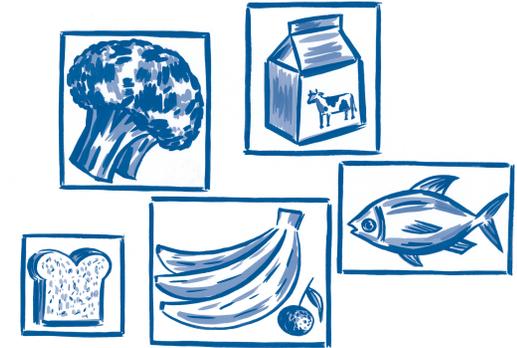
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# Using a meal plan

Stage of change Action and Maintenance

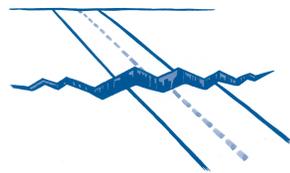
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This pamphlet is for you if you have been following a meal plan for at least one month (action), or for six months or more (maintenance).

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20

**How am I doing with using a meal plan?**  
(Action)



**Looking at relapses**  
(Action/Maintenance)



**Whom do I need for support?**  
(Action/Maintenance)

**What was your goal?**

- To eat on a regular schedule
- To make healthy food choices
- To reduce portion sizes

Draw an "x" on the days of the week that you kept on track.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Did you follow your meal plan five or more days a week? If not, what got in the way for you? It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

Where was I? \_\_\_\_\_

How had my routine changed?  
\_\_\_\_\_

What made it difficult to follow?  
\_\_\_\_\_

What can I do differently next time?  
\_\_\_\_\_

To keep on track, you need people who can support you.

Who can help you? \_\_\_\_\_

How can that person help you?  
\_\_\_\_\_

A good way to stay motivated is to become a role model for someone else. Do you know anyone who needs encouragement? \_\_\_\_\_

What could you do to help them get started? \_\_\_\_\_