



Module 14: Get Back on Track

Participant Guide



Session Focus



Getting back on track with your eating and activity goals after a slip-up is an important part of creating habits you can stick with.

In this session, we will talk about:

How to get back on track with your eating and activity goals and prevent similar slip-ups in the future by:

- Staying positive
- Following the five steps of problem solving



You will also make a new action plan!

Tips:

- ✓ There may be times when you fall short of your goals for a week or two. This is called a lapse, and it's very normal.
- ✓ Remember: A lapse is a big deal only if you let it become one. Whatever you do, don't give up!



Everyone Gets Off Track

Kofi's Story—Part 1

Kofi is at risk for type 2 diabetes, so he's trying to live a healthy lifestyle. For 2 months, Kofi does great with his eating and activity goals. As a result, he loses 9 pounds.

But on Friday, some of Kofi's coworkers are laid off. He's worried that he will be next. He decides to prove himself to his boss by working extra hard.

On Monday, Kofi comes into work early. That means he doesn't have time to pack his lunch in the morning, so he gets a candy bar from the vending machine instead of having a healthy lunch.

To impress his boss, Kofi skips his usual lunchtime walk and instead sits at his desk and works through lunch. As a result, he doesn't get enough activity that day. Kofi does the same thing each day that week.

By the weekend, Kofi is mad at himself for getting off track with his eating and activity goals. He's gained 2 pounds. He feels like he is so off track he doesn't know how to restart. He feels like giving up.



Stay Positive and Solve Problems

Kofi's Story—Part 2

Kofi decides to take action to get back on track and prevent similar lapses in the future. He knows that it is natural to get off track sometimes, but that it is also important to stay positive. He tells himself that he has made so much progress, and that even though he has had some lapses the past week, he can recover from them and get back on track.

Kofi also uses the five steps of problem solving to help himself get back on track.



Stay Positive and Solve Problems

Five Steps of Problem Solving



Step 1: Describe Your Problem

First, Kofi clearly describes his problems. He realizes he is doing two things that have taken him off track:

- Problem 1:

- Problem 2:

He also thinks about what caused these lapses and realizes that both of these problems have the same root cause: _____

Stay Positive and Solve Problems

Step 2: Come Up With Options

What are some ways that Kofi can deal with his worry of losing his job?

Next, Kofi brainstorms some ways to change what he has been doing and to make sure he eats a healthy lunch each day:

He does the same to figure out how he can be sure he gets enough activity each day:

Step 3: Choose the Best Options

After Kofi comes up with these options, he decides he wants to try these two in the next week:

Stay Positive and Solve Problems

Step 4: Make an Action Plan

Kofi uses his Action Plan Journal to record what he is going to do before his next PreventT2 session.

Between now and the next session, my goal is to:		
Action 1: What I will do		Done? <input type="checkbox"/>
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		
Action 2: What I will do		Done? <input type="checkbox"/>
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		

Step 5: Try it

Kofi's Story—Part 3

Kofi tries out his action plan, and it works! He now manages to eat a healthy lunch and get enough activity each day. By using the five steps of problem solving, he was able to identify what went wrong and how he could fix it. He also was able to see the root cause of his problems and to remind himself that even when circumstances are not good, he still can make healthy choices. He is proud of himself for getting back on track with his eating and activity goals.



Get Back on Track

Think about issues that have caused—or may cause—you to get off track with your eating and activity goals. Choose one of these problems. Then stay positive and use the five steps of problem solving.



Five Steps of Problem Solving

1. Clearly describe your problem. What do you think caused it?

2. Come up with options. What are some ways to solve your problem?

3. Pick the best options. Which of those options would work best to solve your problem?

4. Make an action plan. (Use a blank action plan from your Action Plan Journal.) How will you put those choices into practice?

5. Try it. See how it goes!