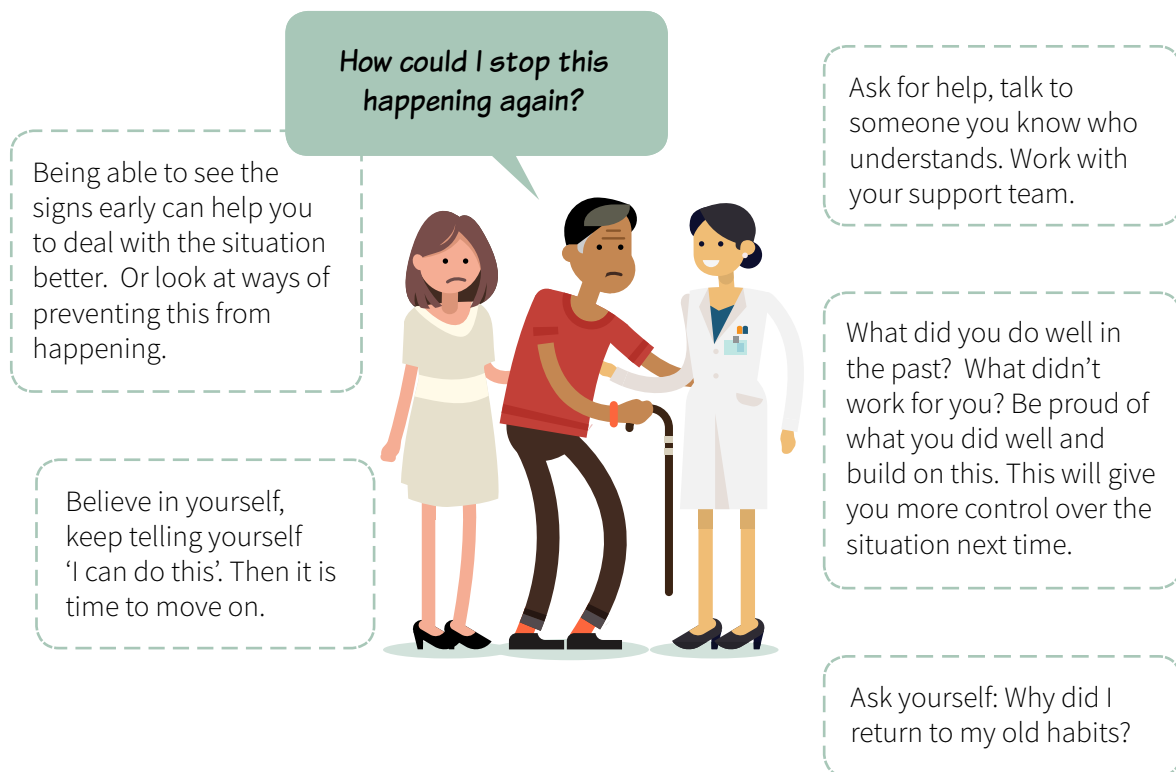


Staying on track

Breaking old habits and keeping new ones

- ▶ It's easy to go back to old habits.
- ▶ Remember, be prepared, make a plan, and get back on track as soon as possible.



Sometimes people make a mistake such as eating unhealthy food or not being active for a week. They think that what they have done means they will never achieve their goal.

If this happens to you think of it as going off track for a short time, not permanently. This might happen again. Just get back on track and keep working on your action plan so you can achieve your goal.

Why did I go off track?

To keep track of what I am doing

Sometimes writing down what happened and knowing how you got off track can prevent you from doing the same thing again. *Try it.*

Did something happen that caused you to go off track?

.....

.....

Why do you think this happened?

.....

.....

What did you do, or could you do to get back on track?

.....

.....

Where did you go, or can go for help?

.....

.....

What would you do next time if it happened again?

.....

.....

► **Keep your notes, so you can show your healthcare provider or friends and whānau if you need.**



My weekly activity diary

To keep track of what I am doing

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Keeping well Healthy eating Being active Managing symptoms Rest and sleep							
Getting things done Work Chores Study Relationship							
Building my support team Friends Family Whānau Work Healthcare team							
Enjoyment Fun Pleasure							

