

Staying on Track Checklist

Use this checklist so that you can stay on the health track without falling off or to help you get back on the wagon if you do fall off.

Celebrate Your Achievements

- Is your reward healthy?
 - It might help to set up the award in advance so that you don't run off and do something unhealthy.
- Examples of Healthy Rewards
 - Clothing
 - Makeover
 - Healthy Meal Prepared by a Healthy Personal Chef
 - A Massage
 - A Makeover
 - New Exercise Equipment

Set New Goals

Your goals should be specific and related to a healthy lifestyle which can also mean emotionally and mentally and not just physically.

- Learn new skills
- Set a new higher fitness goal
- Get certified in something
- Plan a health-related trip
- Improve your exercise form

Keep Your Habits Healthy

- Eating Right
- Moving More
- Staying Hydrated
- Avoid Drugs
- Sleep
- Other

Change Should be Permanent

- Lifestyle over “before/after” Thoughts
- Can you Automate it?
- Create a Habit & Routine

Don't Lie to Yourself

- Write Down the Lies
- Correct the Lies
- Document Your Food
- Document Your Exercise
- Other

Reassess Your Life & Fix Other Issues

- Marriage – Get counseling if you notice issues you didn't before.
- Education – Get more either on your own or via professionals.
- Home life – Want to get more organized? The time is now.
- Kids – What can you do differently with your kids?

Adjust to Avoid Boredom

- Switch up your meals by season to avoid boredom
- Switch up your exercise to make it more fun

Know Long-Term Health Benefits of Your Lifestyle

- Heart health
- Emotional health
- As an example, to others
- Longer life – but more importantly a happier life

Get the Right Tools

- Calendars to keep a good schedule
- The right shoes for exercise
- The right exercise equipment for your lifestyle

Try New Things

- Skydiving, hiking, biking, bowling, swimming, etc. What do you want to try?

Give Support to Others

- Volunteer
- Teach healthy cooking
- Keep going so that you're an example to others

Tricks to Get Back on Track

- Acknowledge your mistakes
- Set your intentions
- Write down your goals again
- Persevere
- Keep going

Change Your Perspective

- Learn to think differently
 - Eating veggies for health rather than weight loss for example
- Lifestyle
 - This is forever, not just for a before/after photo