

Staying Motivated Facing Challenges

Special Occasions

- Eat before the party
- Focus on conversation.
- Exercise the next day
- Eat lighter the rest of the day.

Weight Loss Saboteur

- Avoid people who don't support your efforts.
- Find people who share your goals.
- Get a workout buddy.

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Have a plan “B” to stay motivated

- Fill your freezer with healthy meals.
- Have healthy snacks packed.
- Put exercise clothes in the car.

Make a healthy weight your lifetime plan.

Focus on your successes.

Remember your reasons for wanting to lose weight.



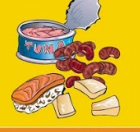



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- Slow/No Progress
 - Have patience with yourself.
 - Some days are easier than others.
 - Evaluate portion sizes and exercise.
 - Are you being realistic?



Reward Yourself

- Reward Yourself To Keep Motivated
 - Establish rewards ahead of time.
 - The reward should not be food!
 - Earn rewards along your path to fitness and weight loss -- don't just save a reward for the end of a program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
							REWARDS CHART <small>© foodandhealth.com/foodandhealth</small> Write your name or initials each day, for every achievement. For every week with an achievement entered each day, give yourself a reward!
							Fruits and Veggies <ul style="list-style-type: none"> • Replaced an unhealthful snack with fresh fruit or vegetables • Had fruit for dessert • Filled half the plate with fruits and vegetables at each meal • Tried a new fruit or vegetable 
							Physical Activity <ul style="list-style-type: none"> • Exercised for 60-90 minutes today • Did strength-building exercise • Turned sedentary time into active time • Tried a new form of exercise 
							Varied Protein <ul style="list-style-type: none"> • Ate beans or lentils in a meal today • Tried a soy form of protein • Kept my protein serving to the size of a deck of cards • Made a meal with a form of lean protein 
							Whole Grains <ul style="list-style-type: none"> • Replaced a refined grain food with a whole grain food • Ate a whole grain food with dinner • Ate oatmeal for breakfast • Switched out a processed grain for a complete grain 
							Hydration <ul style="list-style-type: none"> • Chose water instead of a sugary drink • Filled the fridge with healthful beverages • Replaced a high-calorie drink with a lower-calorie alternative • Drank at least one liter of water 
							Teaming Up <ul style="list-style-type: none"> • Cooked a meal together • Prepared healthful snacks for the week together • Went grocery shopping together • Did something active together 
							Low-Fat Dairy <ul style="list-style-type: none"> • Had nonfat yogurt as a snack • Replaced a full-fat dairy product with a lower-fat option • Tried a new low-fat dairy food • Had yogurt for dessert 