

Behavior Change Planning Log

		Sample		
The Changer	Page No.	How This Story Relates to Me	My Key Learning Points	My Action Steps
Maureen G.	8	<p>My Answers: My age is similar to Maureen’s and I am female too. I am over weight and don’t eat right. We both grew up in one of those “clean your plate” households. I have sometimes suffered from depression, just like Maureen. I was very surprised that she made her changes by taking small steps and she did it without professional help! She lost 80-90 pounds – that is very motivational to me!</p> <p>Maureen is a single parent and so am I. Her changes have made her feel happier and her children are proud of her. I can’t wait to get going!</p>	<p>My Answers: A key learning is that if you can do something for 30 days, you can do it for a lifetime. I never thought of it like that before. Maureen seemed to really turn the corner when she started to get up early to exercise. This also helped her avoid embarrassment. I am not sure how Maureen avoided relapse, but I think I can learn more from other stories. Maureen was able to loose weight by starting with exercise. That made her more nutrition conscious, which led to weight loss. Maureen got rewards from a worksite program. I am probably going to have to find a different way.</p> <p>Change Ideas:</p> <ul style="list-style-type: none"> • Get good shoes for walking • Change your exercise routine so you don’t get bored • Do exercise routines you enjoy • Spend sometime on yourself 	<p>My Action Steps:</p> <ul style="list-style-type: none"> • Find someone to walk with • Ask my children for their support • Plan exercise into my day • Learn more about nutrition • Limit un-healthy food in the house • Buy new walking shoes • Plan meals in advance • For every 10 pounds I loose I am going to take the kids on a long weekend to a state park lodge (where we will have fun but get plenty of exercise) • If I relapse I am going to reflect for one day, and then get back on the horse and ride • I am going to loose 50 pounds, eat healthy and be fit • They don’t know it but I am going to enter our whole family in the 5K Breast Cancer run this fall (and I am going to beat the kids!)

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