

My Weight Management

Barriers *and* Solutions

My behavior goal is: _____

Think about all potential challenges that could prevent you from completing your healthy eating or exercise goal. Then brainstorm possible solutions for every challenge. Once completed, use your solutions as your backup plan.

Barriers/Challenges	Solutions
Healthy Eating Example: <i>If something comes up and I run out of time to make dinner ...</i>	Examples: <i>I will eat a protein bar or an apple to hold me over until I get home.</i> <i>I will pick up a ready-made salad on my way home.</i> <i>I will eat one of my healthy frozen meals.</i>
Exercise Example: <i>If it rains ...</i>	Examples: <i>I will walk around the office at breaks and lunch time.</i> <i>I will go to the mall after work to walk inside.</i> <i>I will go to the health club to work out.</i>