

# My Drift/Relapse Plan

My behavior goal is: \_\_\_\_\_

List the things that cause you to get off track with completing your healthy behavior goal. Then list your plan for getting back on track.

What Causes Me to Drift	My Plan to Get Back on Track
Example: <i>Moving farther away has caused me to get off track with going to the gym.</i>	Example: <i>My plan is to bring my clothes with me to work and go straight to the gym after work.</i>
Example: <i>I was sick in bed with the flu.</i>	Example: <i>Accept my drift and forgive myself. Then I will use my drift partner for support and start fresh with a clean slate when I am well.</i>