

Relapse Planner

How confident are you that you'll keep up your physical activity during the next three months?

- 1 Not confident at all
- 2 Not very confident
- 3 Somewhat confident
- 4 Confident
- 5 Very Confident

If your score is less than 4, complete the following exercise:

Many people have periods of inactivity. Sometimes these breaks can last for just a few days and sometimes a few years. Planning ahead for the 'tough' times may help you stay active.

1. Have you ever had trouble keeping your physical activity going before? If so, write down the reasons why.

2. If you had trouble, what has helped you get back on track? (e.g., support from friends, joining a class, setting goals)

3. What situations do you think would make it tough to keep up your physical activity routine? How will you handle these situations to increase your chances of being successful?

High-Risk Situations

e.g., Co-workers or friends asking me to go for drinks

Solution(s)

1. Tell everyone my regular workout schedule so they will consider it when they are choosing a time. (ex: after my usual work out time).
2. Join them later
3. Schedule a make-up workout every week to cope with any unplanned changes

4. What will help you get started again if you do have a 'break'? Write down your ideas: Start Up Strategies.
