You can be proud of yourself. Changing eating habits is difficult. You can do this for the rest of your life.

This pamphlet is for you if you have been following a meal plan for at least one month (action), or for six months or more (maintenance).

Reviewing my commitment (Maintenance)

Do you remember when you started using a meal plan? You did it for a reason. What was it? Check any that apply and/or add your own.

☐ I wanted to feel better.
☐ I wanted to have more energy.
☐ I wanted to lose weight.
☐ I wanted to have better-controlled blood sugar levels.

Is there anything else that motivates you now? ____________________

Renewing my commitment (Action)

How will I celebrate success?

Success is meeting your goal. How will you celebrate? ________________

Joan Thompson, PhD, MPH, RD, CDE
jthompson@laclinica.org

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Preventive Medicine
1515 Fruitvale Avenue
Oakland, CA 94601
www.laclinica.org

Lumetra
Imagining insights, better healthcare
One Sansome Street
San Francisco, CA 94104
www.lumetra.com
### How am I doing with using a meal plan? (Action)

<table>
<thead>
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<th>Mon</th>
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<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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**What was your goal?**
- [ ] To eat on a regular schedule
- [ ] To make healthy food choices
- [ ] To reduce portion sizes

Draw an "x" on the days of the week that you kept on track.

### Looking at relapses (Action/Maintenance)

Did you follow your meal plan five or more days a week? If not, what got in the way for you? It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

Where was I? ________________

How had my routine changed? ________________

What made it difficult to follow? ________________

What can I do differently next time? ________________

### Whom do I need for support? (Action/Maintenance)

To keep on track, you need people who can support you.

Who can help you? ________________

How can that person help you? ________________

A good way to stay motivated is to become a role model for someone else. Do you know anyone who needs encouragement? ________________

What could you do to help them get started? ________________