

Life happens! Holidays, stressors, vacations, illness, and more can make it challenging to stick with new habits. Planning ahead for these challenges can help you stay on track and meet your goals.

help! I feel like I'm off track! What should I do next?

It's a totally normal part of the process! Planning ahead for challenges can make it easier to get back on track.

Planning for challenges

- Revisit your plan frequently, and change or update as necessary. For example, your schedule may not be the same during the school year as on summer break.
- Stay flexible. Update your plan to reflect what's important and enjoyable for you. Habits you enjoy will be much easier to stick with.
- Expect that rough patches will happen. If things go off course, ask yourself what CAN I do? What's within my control?

Examples:

- Even though I won't have soccer practice during winter break, I can take a walk, go for a bike ride, or go to the park 3 times to get exercise.
- My grandma serves a lot of sweets when we visit her. I will use my hunger cues, practice saying no thank you when I don't want something, and savor my favorite foods. I'll eat fruits and veggies when I can.



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group