

# Creating Your Back-up Plan

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**“He who fails to plan, plans to fail”**  
**~ English Proverb**

Name	Date	Weight
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## Keeping to Your Goal

What prompted you join the S.T.A.R. Plan?

What are the top two changes that are most important to being able to maintain your weight?

- 1.
- 2.

How do you think I can best help you be effective in maintaining your goals?

## Strategies

The following are some of the methods we can use in this plan. Check off all that you would like to try:

- Brainstorming—creating new options for problem situations.
- Cheerleader—supporting your effort and offering regular encouragement.
- Exploring New Possibilities—building on past success.
- Providing Insight—expanding ideas about your potential.
- Creating a Vision—what your success will look like in the long-term.
- Accountability—checking up on goals.
- Suggesting or Designing Action Steps—support for greater effectiveness and joy.

Have any of these approaches been more effective for you in the past? Any we should avoid?

To make our time together effective, we will require a commitment to communicate regularly, as determined in your Green Safety Zone Contract. What is the best method for our weekly contact (i.e., weekly emails? visits? phone calls?)

If you miss your appointment or weekly check in, what steps should be taken (i.e.: Who contacts whom?)

**Initiating a Personal Back-up Plan**

Personalize your "Early Warning System." Building long-term skills takes practice and good planning. As we work together, we will regularly consider quick response options to be prepared for when life challenges start to take you off track.

What will be your first steps when you experience a challenge to maintaining your goal?

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List some alternatives you have found to be successful in the past.

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Are there any barriers that might limit you from getting assistance when required?

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Are there any additional health issue trigger points (blood sugar, BP) that you should consider?