



Relapse Proofing Plan

Protecting against slips

It is important to reflect on your journey and list the factors that will be most important for you to maintain your progress. List here the three most important things you will do to ensure you continue your transformations forever.

1. _____
2. _____
3. _____

Relapse-proofing

Relapse proofing involves deciding on indicators for your slips, and acting decisively from an already developed plan if you ever notice them. Markers may be a certain behaviour (e.g., when I stop cooking for myself), mindset (e.g., when I focus on work over physical activity), feeling (e.g., like I'm creeping back to old habits), comment from another person (e.g., your Doctor saying "I'm starting to worry about your blood pressure again"), or body-composition measure (e.g., 35% body fat, or 100Kg/220Pounds).

My slip markers

Action plan

Write down exactly what you will do when you notice important slip markers. This should include (a) regular professional support; (b) self-monitoring of eating, moving, mindset, and/or emotions; (c) improving eating and (d) improving physical activity. Sign this contract to yourself as a statement of the importance of these actions in keeping within your goal range.

Sign the plan as a symbol of your ongoing commitment to your wellbeing.

Signed: _____

Dated: _____