

My Action Plan

Deciding upon and writing down your diet and lifestyle goals is the first step in helping you reach them. Breaking them out into smaller steps will give you a manageable road map to achieve your goals and allow you to celebrate your progress along the way. For instance, if a person wants to run a half marathon one day, they would start by building up their stamina by, say, walking around the block. Then they would try running around as much of the block as possible until they can increase their distance. They would increase a bit each week until they achieve their total distance. By breaking it into smaller goals, they can enjoy each milestone.

You should complete the Action Plan sheet with the help of your healthcare professional.

The stepping stones my health care provider and I established for the next _____ (e.g. week/month) include:

Action Plan:

The specific diet and lifestyle steps I will take to help achieve these stepping stones:

GENERAL GOAL	STEPPING STONE	HOW?	RESULT
<p>Nutrition Example <i>Eat more healthfully.</i></p> 	<p>Example <i>Incorporate more vegetables in my weekly diet.</i></p> 	<p>Example <i>Replace two favourite unhealthy snacks per week with a serving of vegetables and hummus dip.</i></p> 	<p>Example <i>I feel less bloated and thirsty than when I eat chips!</i></p> 
<p>Your Turn! Your Nutrition Goal:</p> <hr/> <hr/> <hr/>	<p>Your Stepping Stone:</p> <hr/> <hr/> <hr/>	<p>Your Plan to Achieve This:</p> <hr/> <hr/> <hr/>	<p>How Has This Affected You in a Positive Way?</p> <hr/> <hr/> <hr/>

GENERAL GOAL

Activity Example
Be more active.



Your Turn!
Your Nutrition Goal:

STEPPING STONE

Example
Walk 10 minutes per day.



Your Stepping Stone:

HOW?

Example
Park a couple of blocks away from your destination and walk the rest of the way.



Your Plan to Achieve This:

RESULT

Example
After a week or so of doing this I noticed I wasn't as out of breath as when I started.



How Has This Affected You in a Positive Way?

GENERAL GOAL

Lifestyle Example
Develop more moderate habits to take in fewer empty calories.



Your Turn!
Your Nutrition Goal:

STEPPING STONE

Example
Reduce soda consumption.



Your Stepping Stone:

HOW?

Example
Instead of having soda at dinner each night, keep it to only Friday and Saturday nights.



Your Plan to Achieve This:

RESULT

Example
I started drinking more water during the week and realize that it made a dent in my appetite.



How Has This Affected You in a Positive Way?



Remember: If you're trying to climb a mountain, you don't just focus on the highest peak...you focus on the path right in front of you. Each step takes you closer to the top, but you pass many important milestones along the way. The same goes for adopting healthier habits!

Tips to Counter Obstacles Along the Way

Even the best-laid plans can encounter some bumps in the road. Unexpected obstacles and detours can be discouraging. But don't give up! As with any journey, you learn more on the way to the destination. Your expedition toward a more healthful lifestyle is no exception!




Why write it down? To map out each leg of your trip, to keep you from veering off course, and to help you get back on track if you encounter any forks in the road!

What Is Your Contingency Plan?




For each of the larger goals and stepping stones you set to get there, do you have any concerns or fears about achieving them? Instead of allowing the "what ifs" (What if I slip up? What if I don't get to my goal?) to derail you, really think those concerns through and take away their power. You will come across risky situations...the important thing is what you do about them.

Life will place obstacles in your path, such as social occasions, emotions, or food temptations. Once you've identified an obstacle, you can come up with a plan to deal with it. Here are some examples to get you started.




ROADBLOCK

-  *I was hungry, tired, and stressed when I was driving by Tim Horton's and wanted to go in for a coffee and donuts.*
-  *Stopping at fast food restaurants when hungry on the way home from work.*
-  *Bad weather means I won't be able to park my car further away and walk the rest of the way to work.*

DETOUR OR WORKAROUND

-  *I took a couple of deep breaths, and decided that a soup would be a good idea, to tide me over until supper; I ordered a soup and concentrated on relaxing and eating it slowly.*
-  *I will bring a healthy snack to work that I can eat when I get hungry, so I don't make an impulsive decision on the way home.*
-  *I will forgo the elevator and take the stairs, or later at home when I'm watching TV, I can march in place or dance during commercials.*

BACK ON TRACK

-  *I was no longer hungry and felt more relaxed and energetic. I will not be starved when it's time for supper so I won't be tempted to overeat.*
-  *Planning to have that snack helped me make it to supper without any problem.*
-  *I felt better after doing the alternative exercise. My food digested better and I was happy to have a plan for when I can't head outdoors.*

Action Plan sheet:

The specific diet and lifestyle steps to plan for unforeseen events and stay on track are:

ROADBLOCKS

What is the worst thing that could happen? The personal obstacles that could make it difficult for me to achieve my diet and lifestyle goals include:

DETOURS OR WORKAROUNDS

If my worst-case scenario does happen, what will be my plan for trying to overcome these obstacles?

BACK ON TRACK

Positive feelings that came from overcoming this obstacle:

My nutrition
goal may go off course if:

My activity
goal may go off course if:

My lifestyle
goal may go off course if:

To cope
with this, I will plan to:

To cope
with this, I will plan to:

To cope
with this, I will plan to:

When
I did this, I felt:

When
I did this, I felt:

When
I did this, I felt:



Remember: Having an “all or nothing” mindset doesn’t give you the opportunity to tackle those bumps in the road creatively, and it also doesn’t allow you to be very kind to yourself! Every obstacle is an opportunity to find a new path to get you to your end goals and hit all the stepping stones on the way there. If you have a slip, take a look at your action plan and hop right back on board!

And remember, if at any time you have questions about your **CONTRAVE** therapy and would like to speak to a nurse counsellor, call **1-855-CNTRAVE (1-855-268-7283)** from 8 a.m. to 8 p.m. Monday to Friday EST.

CONTRAVE is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight (such as high blood pressure that is controlled with medicine, Type 2 diabetes, or a high amount of lipids (cholesterol or other types of fat) in the blood).

CONTRAVE should be used along with a reduced-calorie diet and increased physical activity.

CONTRAVE should be taken exactly as your Healthcare Professional tells you to.

Please refer to the **Patient Medication Information** insert in your product package for important safety information.