

Back on Track!

There are many ways to be successful. Being consistent with healthy is the ultimate success. Going through lapses, being aware, and returning to your to healthy behaviors is a big victory!

When you are challenged with a lapse, use the following tips to encourage yourself and get back on track!



Ready...

Set...

Go!

1. **Be accountable.** - Find someone you trust, a health professional or friend, who can help keep you on your path to wellness. Check in with them and have them check on you!
2. **Go big or go home.** - Redo a challenge that worked for you in the past for the next week. Use the challenge as a way to get back on track.
3. **Go for the win.** - Decide on what success means for you. If you participate in the health behavior 3 times a week, is that success? What about 4 times or 5 times? Pick a goal that works for you and then work towards consistency. After you get good at this habit, build on it by committing to another healthy habit.
4. **You have fans.** - Talk to your support people and ask them for support during this time. Maybe even see if they are willing to do a challenge with you!

