



Making Changes for **LIFE!**

It is important to keep your healthy behaviors consistent. Sometimes, though, we have a bad day or a few bad days. Then you have a decision to make; is it a lapse or a relapse?



What is a lapse? What is a relapse?

A **lapse** is when you temporarily stop some of your healthy behaviors. Whether this is completely ignoring a behavior or not being consistent with multiple behaviors, you become aware and these healthy behaviors are added back into your daily routine.

A **relapse** is when your lapse turns into reality and your new self turns back into your old self. This can occur over months or years, and this is what you want to avoid.

Use the scale below to see where you fall!



1	2	3	4	5
I have not noticed any lapses!	I have had a lapse or two.	I have had some lapses, but I still feel good.	I have a lot of lapses.	I am back to where I was before I changed my habits.

Wherever you are on this scale, find your next entry point. Find the next healthy habit you will focus on, make the commitment, and get back on track!