

Welcome to your Week 6 activity sheet!

So far on the programme, you've spent some time thinking about changes to diet and activity levels to improve your health and reach your weight loss goals! Today is the start of your first week focusing on your behaviour patterns, and the techniques and skills you can learn that will help you to make these positive changes, starting with habits!

1. Thinking about your day-to-day routine and activities. Can you identify what are your helpful habits at present? What are your unhelpful habits?

Changing our habits isn't always easy, so understanding why it is important for us to change them is a good place to start to keep us motivated. Start by thinking of all the reasons you joined the programme. Did you join for your health, for yourself or your family? To be fitter, or reduce risk of health complications? Or perhaps for confidence, self-esteem and to feel good?

2. Considering the helpful and unhelpful habits you have identified above, why is it important for you to make a change and how do you think changing your habits will influence your goals?

Habits are created from a cue or trigger from our environment and are maintained by a reward, something positive from carrying out the behaviour. It is important to identify what triggers your habit, so you can align your cues and triggers with new helpful habits.

3. What do you think has the biggest influence over your behaviours? People, environment, mood?



It can be helpful to think about the steps you need to take to build these new habits. Consider the resources around you and what will help you to continue working towards positive changes, and not to revert back to old, more unhelpful habits.

4. What behaviour do you think you could build into your routine and how would this help you, how would you stay motivated?

