

Welcome to your week twelve activity sheet!

Take a moment to reflect on your time on the programme, considering all the information you've learnt, the goals you have achieved, and the obstacles you've overcome. You have made such a fantastic progress towards making a positive lifestyle change and should be proud of your efforts. To make sure you feel confident in continuing to work towards your goals and maintain the changes you have made, it can help to have a plan in place. Consider what resources have helped you most, and what methods, skills or techniques for monitoring behaviour change that you found most effective.

1. What type of accountability works best for you? For example, talking to a friend, writing in a journal, logging details in an app?

If you need external support to help with accountability, do you have a friend or family member who could do a weekly check in with you? You can provide them a set list of questions to encourage you to reflect on your progress each week.

2. What set list of questions would you give a friend/family member to ask you as a weekly check-in?

If you think back to the start of the programme, has your view on diet, activity and behaviour change shifted at all? Is there any skills or information you have learnt from the programme that would have been useful to know at the beginning that may have helped moved you closer to your goals? It can be helpful to reflect on what went well and what you can improve on, so that you are equipped to deal with similar challenges in the future.



3. What advice would you give to yourself if you were starting the programme again? How would you tell yourself to approach it?

4. Can you use this insight to write down 3 top tips for getting back on track should you struggle with setbacks in the future? Examples could be writing down your values and putting them somewhere you will see each day, implementing a healthy daily habit, or speaking to a friend to keep you accountable.

As you are coming to the end of the programme, what goals would you like to set for yourself going forward. Consider the changes you've made so far, and the goals you are yet to reach. A reminder to keep your goals SMART and to make sure they are relevant to your lifestyle at the moment, taking into account daily routines or habits you may want to change.

5. Write down one long-term goal and one SMART goal for each main part of the programme: Eating Well, Moving More, and Taking Charge. Reflect on how you will stay motivated to reach each one. Here is an example for Eating Well:

Long-term goal: *To have healthy evening meals that I enjoy*

SMART goal: *I will make one new healthy recipe each week for an evening meal*

How I will stay motivated: *Ask a friend if they want to do this too and share photos of our healthy recipes, rating our meals out of ten!*



Eating Well

Long-term goal: _____

SMART goal: _____

I will stay motivated by: _____

Moving More

Long-term goal: _____

SMART goal: _____

I will stay motivated by: _____

Taking Charge

Long-term goal: _____

SMART goal: _____

I will stay motivated by: _____

