



Module 14: Get Back on Your Path

Lifestyle Coach Guide



Module Overview

Learning to get back on the path towards healthy goals after a detour is important for building habits that stick. This module teaches participants what to do when they get off track.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Explain how to get back on the path towards healthy eating and activity goals and prevent similar issues in the future by:
 - Staying positive
 - Following the five steps of problem solving

Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on getting back on track. Here are some sample messages you can send out to participants for this module:
 - 1 Week Prior: “Thank you for joining us last [day of the week when previous session was held]. We all have times when we realize we have made less progress than planned. Join us next time to find out how to recover and get back on the path to better health!”
 - 1 to 2 Days Prior: “Don’t forget to join us this [day of the week when next session will be held] to find out how you can get back on the path towards meeting your activity and eating goals when things haven’t gone as planned. We’ll talk about ways to handle it, so it doesn’t stall your progress.”
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be two to three participants per group for the “Five Steps of Problem Solving” group activity.

After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on getting back on track. Here are some examples of messages to post:
 - “Hi there! I hope that you enjoyed our session on [day of the week when session was held]! Have you started your action plan for this week? If so, how do you feel it is going? Is it helping you to stay on your path? If you haven’t done your plan, there’s still time. Start today!”
 - “Remember that even if you don’t always meet your eating and activity goals, you can recover. Stay positive and use the five steps of problem solving to get back on the path to a healthier you!”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 5	1 Min
We All Stray from the Path Sometimes	Page 6	9 Min
Stay Positive and Solve Problems	Page 7	35 Min
Plan for Success	Page 14	5 Min
Summary and Closing	Page 15	5 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about how you can get back on the path towards meeting your activity and eating goals when things haven't gone as planned.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize the previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all the participants to view.

SAY:

There will be times when you have made less progress than you planned. That’s okay. You can get back on the path toward your eating and activity goals. This is an important part of creating habits you can stick with.

In this session, we will talk about how to get back on your path with healthy eating and activity goals and prevent similar issues in the future by:

- Staying positive
- Using the five steps of problem solving

Finally, you will make a new action plan.



Time Estimate: 9 minutes

Methods: Presentation, Facilitated Discussion

Use Tony’s story to discuss how everyone gets off track with their eating and activity goals sometimes.

Tony’s Story—Part 1 (9 minutes)

SAY:

You’ve been doing a great job staying on track with your eating and activity goals. But there may be times when you fall short of your goals for a week or two. This is called a lapse, and it’s very normal. Let’s look at an example. Please look at “Tony’s Story—Part 1” on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display “Tony’s Story—Part 1” from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) “Tony’s Story—Part 1.” Then discuss.

DISCUSS:

In what ways do you identify with Tony? What kinds of things cause you to “go off the rails,” “fall off the wagon,” or lapse? How do you feel when you do?

How are you different from Tony? Think about a time when you got back on track. How did that make you feel?

DO:

Allow time for participants to share their personal challenges and feelings.

Stay Positive and Solve Problems



Time Estimate: 35 minutes
Methods: Presentation, Facilitated Discussion, Group Activity

In this part of the session, participants learn about staying positive and taking action to get back on track with their eating and activity goals.

SAY:

It is important to remember that lapsing is normal. You are not alone, and you are not a failure because you have a bad day or even a bad week or two. A lapse is only a big deal if you let it become one. Don't give up, and don't give in to negative thoughts. It is important to stay positive and focused on your long-term goals.

DO:

Mention some of the examples of success that participants noted in the discussion about Tony's story.

ASK:

What are some positive things that you can tell yourself when you find that you have lapsed?

ANSWER:

Possible answers from participants include:

- I've made so much progress.
- I can get back on track.
- My family and friends will help me.



For a virtual session, encourage participants to type their responses in the chat window or "raise their hand" in the web conferencing tool.



Tony's Story—Part 2 (5 minutes)

SAY:

Let's go back to Tony's story and look at what he does. Please look at "Tony's Story—Part 2" on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display "Tony's Story—Part 2" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) "Tony's Story—Part 2." Then discuss.

SAY:

Tony does what we've just been talking about. He knows that he has gotten off his path, but he also knows that it isn't unusual. He tells himself that even though he has strayed from his good habits for a moment, he can recover. He decides to stay positive and take action to get back on his path and prevent similar lapses in the future. He also uses the five steps of problem solving. Let's look at these steps and see how they can help you when you need help getting back on your path.

Five Steps of Problem Solving (25 minutes)

SAY:

Please look at "Five Steps of Problem Solving" on page 4 in the Participant Guide.



For a virtual session, use the screen share feature to display "Five Steps of Problem Solving" from the Participant Guide for all participants to view.

SAY:

Problem solving has five steps:

1. Describe your problem.
2. Come up with options.
3. Choose the best options.
4. Make an action plan.
5. Try it.

We will discuss each of these steps and look at them through Tony's situation. Write answers to our discussion in the Participant Guide.

The first step is to clearly describe your problem. What happened that took you off track? You also need to figure out what caused the problem.

Look at the section titled "Step 1: Describe Your Problem." First, Tony clearly describes his problems. He realizes that he is doing two things that have taken him off his pathway to healthy goals.

ASK:

What did Tony do that led to him getting off his path?

ANSWER:

Problem 1: He didn't eat a healthy lunch each day.

Problem 2: He didn't get enough activity each day.

ASK:

Tony also thinks about what caused these lapses and realizes that both of these problems have the same root cause. What do you think it was?

ANSWER:

Tony is worried about losing his job.

SAY:

His worry about his job is the root cause of his problems. It led to him going into work early and working through lunch, which led to him not eating a healthy lunch or getting as much activity as he should.

Once you've described your problem, the second step is to come up with options for solving it. Remember that both of Tony's problems have the same root cause—he is worried about losing his job.

Now, you will work in groups to discuss some ideas of what Tony can do to address the real worry that he might lose his job. Record your ideas under “Step 2: Come Up With Options” on page 5 in the Participant Guide.



If dividing participants into small groups is not possible for a virtual session, conduct the activity as a whole group.

DO:

Share group assignments and begin small group meetings. Then, give participants an exact time to meet back as a whole group.

ASK:

What are some ways for Tony to deal with his worry of losing his job?

ANSWER:

Possible answers from participants include:

- Ask his boss if his job is really in danger. He may be worrying for no reason.
- Ask his boss what he can do to protect his job.
- Think of ways he can still work through lunch and meet his health goals.

SAY:

Let's be realistic, though. Suppose Tony asks these questions and finds out that his job really is in danger. Tony might feel like he has to decide if he can really afford to stick to his health goals or should focus on his job instead. Let's weigh the pros and cons.

DISCUSS:

What are the pros and the cons of Tony setting aside his goals for now and focusing on this job?



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their answers. Or have them “raise their hand” in the web conferencing tool, if the option exists.

DO:

Share the following (if not mentioned by participants):

Pros:

- Tony might keep his job.

Cons:

- Tony gains weight.
- Tony doesn't get enough activity.
- Tony makes unhealthy eating choices.

Participants may fall on the side that Tony should not set aside his goals. Or participants may fall on the side that Tony should focus on his work. In this case, discuss how Tony can identify small changes to make until he can get back to his healthy routine.

DISCUSS:

Now, let's focus on two more questions under Step 2.

Let's say Tony still feels like he needs to come in early and work through lunch. How could he make sure he eats a healthy lunch and gets enough activity each day?

Stay Positive and Solve Problems

DO:

Share the following (if not mentioned by participants):

To make sure he eats a healthy lunch each day, Tony could:

- Pack his lunch the night before or on the weekend
- Keep a stash of healthy snacks at work
- Try to buy items that he can pack quickly, such as fruit and yogurt

To make sure he gets enough activity each day, Tony could:

- Take the stairs instead of the elevator
- Ride his bike to work
- Park in a distant part of the lot
- Walk in the evening after dinner

SAY:

Once you've come up with options to solve your problems, the third step is to choose the best options. Let's jot down the best options under "Step 3: Choose the Best Options" on page 5 in the Participant Guide.

DISCUSS:

We brainstormed lots of great options for Tony. Which do you think were best?

DO:

Work together to choose things that Tony can do in the coming week.

SAY:

Once you've chosen the best options to solve your problem, the fourth step is to make an action plan to put those options into practice. This is something you've been doing since you started PreventT2, so I'm sure you're very good at it by now.

Look at "Step 4: Make an Action Plan" on page 6 in the Participant Guide. You'll find a copy of a blank action plan page like you have been using. In a minute, I'm going to dismiss you back to the same groups that you were in to make Tony an action plan to solve Problem 1.

ASK:

What is the first of Tony's goals?

ANSWER:

To eat a healthy lunch each day.

SAY:

Please write "eat a healthy lunch each day" next to "Between now and the next session, my goal is to ___." Now let's write two options we chose for Tony by Action 1 and Action 2.

DO:

Have participants divide into the same small groups to work on an action plan for Tony. Tell them to fill in the rest of the action plan (where, how long, challenges, ways to overcome). Give participants an exact time to meet back as a whole group.



If dividing participants into small groups is not possible for a virtual session, conduct the activity as a whole group.

DO:

Have each group share their action plan for Tony and offer praise and guidance as needed.

SAY:

Once you've made an action plan, the fifth step is to give it a try.

Tony's Story—Part 3 (1 minute)

Let's see how Tony did. Please look at "Tony's Story—Part 3" on page 6 in the Participant Guide.



For a virtual session, use the screen share feature to display "Tony's Story—Part 3" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) "Tony's Story—Part 3."



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also keep in mind what we discussed today about getting back on track.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plan.



Time Estimate: 5 minutes

SAY:

Between now and our next session, I'd like you to complete "Get Back on Your Path" on page 7 in the Participant Guide. Please think about issues that have caused—or may cause—you to wander off the path towards your eating and activity goals. Choose one of these problems. Then stay positive and use the five steps of problem solving.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today, we talked about how to get back on the path that leads to your eating and activity goals and prevent similar lapses in the future by:

- Staying positive
- Using the five steps of problem solving

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.