

1. What keeps me motivated?

2. What works for me in losing weight and keeping it off?

3. What barriers to change do I face?

8. What can I do to prevent relapse?

What do I want to get to?

4. What types of support do I need from myself and others to keep on track?

7. What can I do to help me when I'm struggling?

6. How will I notice if I'm beginning to struggle?

5. When are the most difficult times for me?

1. What keeps me motivated?

Seeing changes to how I look and how I feel.

Other people noticing changes.

Wanting to prove to myself I can do this.

2. What works for me in losing weight and keeping it off?

Not putting too much pressure on myself.

Going to Zumba and walking regularly.

Keeping diaries.

Planning my meals daily.

3. What barriers to change do I face?

Comfort eating when I'm down.

Old patterns of negative thinking and 'diet mentality'.

Finding it hard to ask for help.

8. What can I do to prevent relapse?

Stop blaming myself and putting pressure on myself.

What can I learn from the lapses?

Review motivation exercises and workbook.

Where do I want to get to?

Being a healthier me.

Feeling happier, less stressed and feeling more in control of my eating.

Exercising more and enjoying it.

4. What types of support do I need from myself and others to keep on track?

Allowing myself to make mistakes.

Encouragement.

Having loved ones give support when I ask.

7. What can I do to help me when I'm struggling?

Admitting how I'm feeling to myself and working out why.

Call a loved one for support.

Not blaming myself.

Set goals and problem solve – action planning.

6. How will I notice if I'm beginning to struggle?

Skipping Zumba classes/ walking less.

Not filling in diaries or planning meals.

Feeling stressed or down.

Buying junk foods.

5. When are the most difficult times for me?

When I get stressed or down.

When others are critical.

When I spend too much time on my own.