



CHAPTER 1 - STAYING ON TRACK WITH YOUR PLAN - WORKSHEET

Look again at what worked and what didn't work in the *Evaluating your plan* section. Try to realistically incorporate the steps that worked well, in your daily routine.

- How will you incorporate your plan in your everyday life (at home, at work, during weekdays and weekends)?

- What will you do to keep yourself motivated?

- Make a list of things you can do when there are things distracting you from your plan:

- **Do you think you will need to modify your plan for different conditions or situations (at work, at home, in the morning, at night time, etc.)? If so, how will you do this?**
