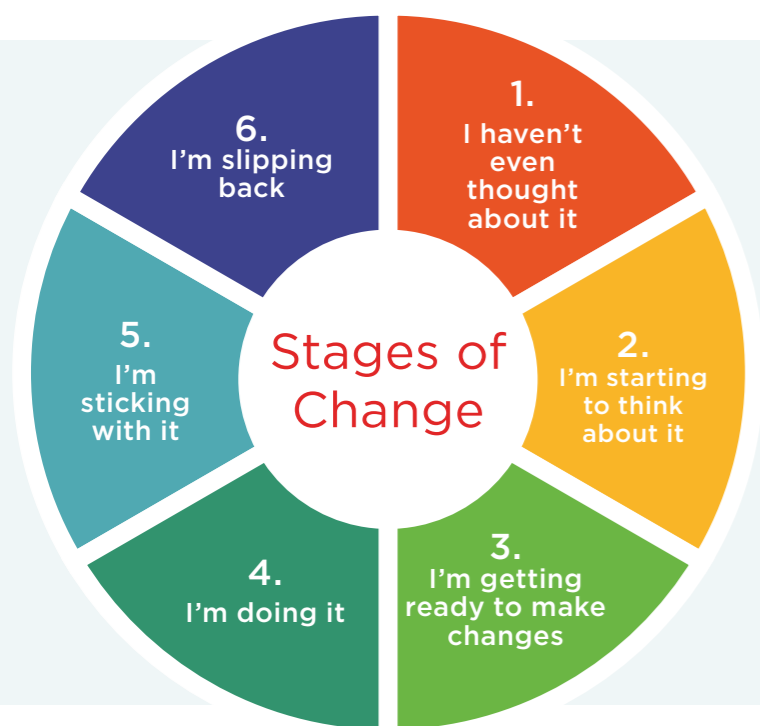


Am I doing ok, am I on track?

Each week check you are on track.

Not sure? Look at the stages of change model below.

Where do you think you are?



Looking at your answers on page 16, how are you going with each change you're trying to make?



Are you at Step 4?

Remind yourself why you decided to make the change? **Look back at what you have achieved.**

Remind yourself what barriers you identified and how you were going to overcome these?

What is making it hard and how can you manage this?

Are you at Step 5?

Are you achieving your goal? Is your goal still relevant?

Do you need to set new goals or make different action plans?

Are you at Step 6?

You can get back on track by looking at Step 4 and 5 again and seeing what you would do differently this time.

Track your wins, you're doing great!



What do I do if I go off track?

Sometimes writing down what happened and knowing how you got off track can stop you from doing the same thing again. **Try it.**



Did something happen that caused you to go off track? Describe what happened.

Why do you think this happened?

What can you do to get back on track?

Where can you go for help?

What can you do next time if it happens again?



Keep your notes, so you can show your healthcare provider or family/whānau and friends if you want to.



Try using one of the tracker tools on hn.org.nz/kete/trackertools

