



Workbook Four

Going Off Road

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Going “Off-Road”

Use this worksheet to work out what is "off-road" for you. This would be things that you don't usually include when it comes to your definition of your lifestyle and food.

1.

2.

3.

4.

5.

Now that you have some potential off-road scenarios identified, it's time for a little planning. Using the worksheet provided, write a story about each scenario where you are imagining the actions you will take as part of your lifestyle definition

For example: If your usual self-definition is

"Joyful eater and whole foods chef"

How do you plan to eat out?

Imagine yourself at a restaurant you didn't get to choose, in the company of people you care about, and write that story in the space provided. How can you joyfully eat whole foods in this scenario, keeping your off-road experience as close to your definition as possible. Use the worksheet on the next pages to visualize and write out how you will use your definition to mold these scenarios.

Scenario One

A large, empty rounded rectangular box with a thin teal border, intended for notes or a response related to Scenario One.

Scenario Two

A large, empty rounded rectangular box with a thin teal border, intended for notes or a response related to Scenario Two.

Scenario Three

A large, empty rounded rectangular box with a thin teal border, intended for notes or a response related to Scenario Three.

Scenario Four



Scenario Five



Now go online to your Online Group and share at least one of your off-roading plans with other members of your community or your health coach.

Success With Your Food Definition

With your definition in mind, let's take a look at last week's successes. How did your new definition help you to create those successes? Write your achievements down on the worksheet below.

Do this activity for each success from the week; then go online and share some of your “wins” with your support community.

Circumstance	How will you manage it based on your definition?

Overcoming Challenges With Your Food Definition

With your definition in mind, let's take a look at last week's challenges. How can your definition help you to navigate those challenges when they arise again? Envision the circumstance, and say your definition to yourself while considering it: "I am a I wonder how I will manage this?"

Do this activity for each challenge from the week and see what kinds of plans you can come up with, now that you're operating from a place of knowing who you are and how you want to be about food.

Circumstance	How will you manage it based on your definition?

Weekly Food Activity

What were your food-related goals last week? You should have identified a caloric target and one other goal.

Calorie Target:

Focus Goal:

With your goals in mind, look at last week's food log on Lose It and check the following:

What were your average daily calories last week? _____

How far was that above or below your target? _____

If below your target, what can you do this week to get in more calories each day?

1.

3.

2.

4.

If above your target, what needs to change to get closer to your target this week? You could add in more activity, lower your calorie intake, or do a combination of both. Choose a strategy (or strategies) that feel do-able.

1.

3.

2.

4.

How did you do with your Focus Goal (most likely a goal for daily servings of fruits or veggies) for the week?

- It was pretty easy, I got them all in.
- It was fairly difficult, but I got it all in.
- I worked on it, but didn't hit my daily goals.

If you checked "It was pretty easy", consider whether you would like to set a new goal this week, or stay with the same goal in order to cement your new habit.

If you checked "It was fairly difficult" or "I worked on it, but didn't hit my daily goals", then stay with the same goal this week. There is nothing wrong with taking a little extra time to work on making progressive small changes. Remember, this isn't about the next twelve weeks; it's about the rest of your life!

Remember not to push too hard! **Slow is sustainable.**

- I am going to stay with the same goal this week to work on making this into a habit I don't have to think about.
- I am going to keep my eye on this, and I'm ready to start working on a new habit at this same time.

If you're setting a new Focus Goal, what will it be? Remember this is about adding something into your day, NOT taking something away. Example goals are: "5 servings of vegetable every day"; "3 servings of fruit"; "a midafternoon snack so I'm not starving by dinner"; "8 glasses of water".

Are there any challenges you see coming up this week? If so, write them here and include strategies to work past them.

Successes With Your Body Definition

With your definition in mind, let's take a look at last week's successes. How did your new definition help you to create those successes? Write your achievements on the worksheet below.

Do this activity for each success from the week, and then go online and share some of your “wins” with your support community.

Circumstance	How will you manage it based on your definition?

Overcoming Challenges With Your Body / Activity Definition

With your definition in mind, let's take a look at last week's challenges. How can your definition help you to navigate those challenges when they arise again? Envision the circumstance, and say your definition to yourself while considering it: "I am a I wonder how I will manage this?"

Do this activity for each challenge from the week and see what kinds of plans you can come up with, now that you're operating from a place of knowing who you are and how you want to be about your body and activity.

Circumstance	How will you manage it based on your definition?

Weekly Body Activity

What were your body-related goals last week? You should have identified a NEAT goal and potentially a planned activity/exercise goal.

NEAT Goal:

Exercise Goal:

With your NEAT goal in mind, look at last week's activity log on Lose It and fill in the chart below (this won't be exact - just do your best).

Your approximated totals for each day (give it your best guess if you are unsure) from last week's activity tracker should go into each cell as outlined. Add up the totals at the bottom.

In Minutes	Sitting	Standing	Walking	Other (Light Exercise, Housework, etc.)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Totals				

Now compare this week's numbers against the previous week's tracker.

What is the total difference in minutes between weeks? _____

What is the percent difference between weeks? _____ %

**If the difference is more than 10% from week to week,
you are changing too fast and should slow things down.**

Remember not to push too hard!

Slow is sustainable and build habits for a lifetime

Now that you know the difference between your weeks, how did you do with your NEAT Goal for the week?

- It was pretty easy; I hit or exceeded my goal without trying too hard.
- It was fairly difficult, but I hit or exceeded my goal every day.
- I worked on it, but didn't hit my goal every day of the week.

If you checked "It was pretty easy", consider whether you would like to set a new goal this week, or stay with the same goal in order to cement your new habit.

If you checked "It was fairly difficult" or "I worked on it, but didn't hit my daily goals", then stay with the same goal this week. There is nothing wrong with taking a little extra time to work on making progressive small changes. Remember, this isn't about the next twelve weeks; it's about the rest of your life!

Remember not to push too hard! **Slow is sustainable.**

- I am going to stay with the same NEAT goal this week to work on making this into a habit I don't have to think about.
- I am going to keep my eye on this, and I'm ready to start working on a new NEAT habit at this same time.

If you're setting a new NEAT Goal habit, what will it be? Remember this is about adding something into your day, NOT taking something away. Example goals are: "walk around the office once every hour"; "take the stairs at work instead of the elevator"; "walk my dog for 15 minutes instead of 10 each morning."

Are there any challenges you see coming up this week? If so, write them here and include strategies to work past them.

Now it's time to look at your Planned Activity/Exercise. Fill in the chart below just as you did for your NEAT activity, and add up the totals.

In Minutes	Moderate Intensity	Heavy Intensity	Other (weight lifting, etc.)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Totals			

Now compare this week's numbers against the previous week's tracker.

What is the total difference in minutes between weeks? _____

What is the percent difference between weeks? _____ %

**If the difference is more than 10% from week to week,
you are changing too fast and should slow things down.**

Remember not to push too hard!

Slow is sustainable and build habits for a lifetime

Now that you know the difference between your weeks, how did you do with your Exercise Goal for the week?

- It was pretty easy; I hit or exceeded my goal without trying too hard.
- It was fairly difficult, but I hit or exceeded my goal every day.
- I worked on it, but didn't hit my goal every day of the week.

If you checked "It was pretty easy", consider whether you would like to set a new goal this week, or stay with the same goal in order to cement your new habit.

If you checked "It was fairly difficult" or "I worked on it, but didn't hit my daily goals", then stay with the same goal this week. There is nothing wrong with taking a little extra time to work on making progressive small changes. Remember, this isn't about the next twelve weeks; it's about the rest of your life!

Remember not to push too hard! **Slow is sustainable.**

- I am going to stay with the same Exercise goal this week to work on making this into a habit I don't have to think about.
- I am going to keep my eye on this, and I'm ready to start working on a new Exercise habit at this same time.

If you're setting a new Exercise Goal habit, what will it be? Remember this is about adding something into your day, NOT taking something away.

Example goals are: "increase weights this week to up my workout intensity"; "add in a yoga class on Wednesday morning"; "go for a jog at the dog park with a friend."

Are there any challenges you see coming up this week? If so, write them here and include strategies to work past them.

Successes With Your Mind Definition

With your definition in mind, let's take a look at last week's successes. How did your new definition help you to create those? Write your successes down on the worksheet below. Do this activity for each success from the week, and then go online and share some of your "wins" with your support community.

Circumstance	How will you manage it based on your definition?

Overcoming Challenges With Your Mind Definition

With your definition in mind, let's take a look at last week's challenges. How can your definition help you to navigate those challenges when they arise again? Envision the circumstance, and say your definition to yourself while considering it: "I am a I wonder how I will manage this?"

Do this activity for each challenge from the week and see what kinds of plans you can come up with, now that you're operating from a place of knowing who you are and how you want to be about your body and activity.

Circumstance	How will you manage it based on your definition?

Weekly Mind Journal

Your weekly mind activity is a short process of visualization and/or meditation around the theme of the week.

This Week's Themed Visualization

Going Off Road

Use the definitions you created for yourself related Food, Body and Mind. Take 10-15 minutes to visualize yourself as the person you have defined. What does she do, say, and think in every day or extraordinary situations? Journal your thoughts here after you've done the visualization.

