

FORM 2.2 Relapse Planner

How confident are you that you'll keep doing your physical activity during the next 3 months?

- | | |
|----------------------|-------|
| Not confident at all | ___ 1 |
| Not very confident | ___ 2 |
| Somewhat confident | ___ 3 |
| Confident | ___ 4 |
| Very confident | ___ 5 |

If your score was less than 4, complete the following exercise:

Many people have periods of inactivity. Sometimes these breaks can last for just a few days and sometimes a few years. Planning ahead for the tough times may help you stay active.

1. Have you ever had trouble keeping your physical activity going before? If so, write the reasons.

2. If you have had trouble, what has helped you get back on track (e.g., support from friends, joining a class, setting goals)?

3. What situations do you think would make it tough to keep your physical activity routine? How will you handle these situations to increase your chances of being successful?

High-risk situations: _____

Solutions: _____

4. What will help you get started again if you do have a break? Write down your ideas.

Start-up strategies: _____
