

My Plans for Troubleshooting

1. First, think about your barriers. If you aren't meeting your physical activity goals, ask yourself why? List the biggest obstacles.

a. _____

b. _____

c. _____

2. Do you still find yourself discouraged by negative thoughts? (Circle one.)

Never Rarely Sometimes Always

3. If so, what are they? List the negative messages that get in your way. Then think about ways to counter them and write your positive response.

Negative thought

Positive response

4. Do you feel confident that you can maintain your program of physical activity no matter what problems arise? (Circle one.)

Almost always Sometimes Rarely Almost never

5. If you answered "rarely" or "almost never," think about steps you can take to feel more confident than you do now. One way is to set more realistic short- and long-term goals. Create a specific plan and write it down.
