**How Will I Prepare For Long-Term Success**

**We will count on you to:**

* Keep coming to sessions (and let us know when you can’t so we can make a plan for you to get materials)
* Do your best to keep reaching your activity goals and work with your child to reach his/her goals. That includes practices on your own what you have learned at group meetings.
* Keep track of your activity according to your action plan.
* Pay close attention to the things in your life that help or hurt your ability to stick to healthy lifestyle behavior change. Be a good model for your child.
* Share some of your challenges at the group sessions so that everyone can benefit and work on ways to be more successful.
* Keep at it (even when the slope gets slippery).

**You can count on us to:**

* Continue providing information, tools, and coaching support to help you and your child succeed over the long haul.
* Believe you can work together and be successful.
* Always “hand in there” for you.

**Renew Your Commitment.**

**Based on what we have discussed today, and my desire for long-term success, I commit to attending ongoing Activity Sessions. I will work with my Facilitator in the way described above.**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Program Guide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**To Do:**

**The Basics:**

* Keep track of your physical activity using the FITBIT and log.
* Be physically active for at least 30 minutes more than your typical amount.

**Staying Active On Holidays**

For most of us, staying active on holidays isn’t easy. Holidays upset our routine. They also challenge us with unique social cues. What’s more, holidays may involve inactive habits that have developed over many years.

**The key to staying active on holidays is planning.**

Take a minute to think ahead about your next holiday.

* Where will you be?
* What might the weather be like?
* What days and times of the day will you have available for being active?
* Are there nearby places to be active?
* Who will you be with? Are they supportive of your being active?
* What kind of “holiday mind” thoughts might get in the way of staying active?
* If you are traveling, what gear or clothing will you need to pack?
* How can you make staying active extra fun and festive for you and your child?

I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I will do this first: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Roadblocks that might come up:

I will hand them by:

I will do this to make my success more likely:

University of Pittsburgh, Group Lifestyle Balance