



Plan for potential problems – Weight Loss

Examples of If-then plans

Here are few examples of how If-then plans may help you when your overall goal relates to losing weight.. If you haven't yet set an overall goal or some specific action plans, you can do so using our [goal setting and action planning tool](#).

If I'm disappointed with my weigh-in this week

Then I'll plan healthy meals for the following week to ensure I stay on track with my healthy eating

If I haven't managed my walk today due to the rain

Then on my walk tomorrow I'll try to add an extra 10 minutes on to the total time spent walking

If I'm watching TV and I want to eat something

Then I'll eat an apple or any other available piece of fruit

If other things must be prioritised that day and I run out of time to be active

Then I'll review my week ahead and plan in another time and day to be active

If I know Monday evenings are often days I end up working late

Then I won't plan to attend my Slimming World weigh-in session that evening and choose another day

If I feel stressed from a tough day and have a craving to eat something unhealthy

Then I will take 10 deep breaths and see if I my craving is still as strong

Start making your own If-then plan

To help achieve your overall goal, think about what might make it difficult (barriers or obstacles) and what will make it easier (solution) for you.

Try asking yourself the following questions:

- What situation, place or feeling may be a potential obstacle or barrier I may face?
- How will I overcome them?
- How will I prepare myself?
- What solutions are relevant to me and will help overcome any potential barrier?
- Is there anyone specifically who can help?
- Is there more than one way I can overcome a potential barrier?

Set your If-then plans

Start by setting yourself some If-Then plans for this coming week. You can write as many as you feel would be helpful.

If...

Then I will

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