



# Plan for potential problems – Healthy Eating

## Examples of If-then plans

Here are few examples of how If-then plans may help you when your overall goal relates to eating healthily. 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 usually use beef mince when making spaghetti bolognaise  
**Then** I will buy Quorn mince and use it instead

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**If** friends have invited us round for a barbecue  
**Then** I shall make sure I eat chicken and not burgers or sausages

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**If** I work late and know I will be hungry  
**Then** I will drove home a different way to avoid driving past the chip shop

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**If** I know Monday evenings are busy with after school clubs  
**Then** I will make a vegetable sauce for pasta the day before, so it's ready to eat when we get home

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**If** I get bored in the evening and am tempted by chocolate bars  
**Then** I will have a low-fat hot chocolate drink instead

## 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**

**If...**

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**If...**

**Then I will**

**If...**

**Then I will**

**If...**

**Then I will**

