

Moving On — Life After TLP



Congratulations! You have worked hard with your PAL—and you’ve accomplished a lot. You have learned the skills you need to live a healthy lifestyle. Plan to use them as you move on.

How to move forward

- ▶ Keep the 4 key goals in mind.
- ▶ Continue to set small goals so you can move forward step-by-step.
- ▶ Link each goal to a plan. Include your plans in your weekly schedule.
- ▶ Set up a system so you earn rewards along the way.
- ▶ Review your goals at least once a month. Set new ones as needed.
- ▶ Talk about how you feel about completing your work with your PAL.
- ▶ Congratulate yourself for your efforts and hard work.

Identify the challenges you expect to face

Will it be hard for you to:

- ▶ Eat healthy? Get enough GREEN activity?
- ▶ Stay motivated? Overcome negative thinking? Ask for support?
- ▶ Know if you are slipping up? Make controlling your weight a top priority?

Set up a wellness team

Think about who can replace the support you currently get from your PAL.

- ▶ Include yourself. You are the most important person on your wellness team. You are the one who:
 - ▶ Benefits from being healthy.
 - ▶ Has to get back on track when something goes wrong.
- ▶ Include family and friends. Tell them what they can do to help.
- ▶ Include healthcare professionals. Talk to your TODAY medical team about continuing with them or setting up a new team.

Additional resources

- ▶ Moving On to Maintain Your Health: LC 24
- ▶ Prevent Slip-ups from Turning into a Relapse: Magnetic Memo 22
- ▶ Staying On Track: Magnetic Memo 23
- ▶ Move On with Confidence: LM 20

Suggested activity

Write out your plan for maintaining a healthy lifestyle on the “Moving On-My Plan After TLP” worksheet. Go over your plan with your parents and your PAL.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help him continue to be successful?

- ▶ Congratulate him! He has accomplished a lot by staying with the program to the end.
- ▶ Encourage him to make a plan. Help him think about:
 - ▶ His biggest challenges right now.
 - ▶ His resources and skills.
 - ▶ Signs that he may be slipping up.
- ▶ Help him review and change his plan as needed.
- ▶ Help him follow through on his plan. Support him until he reaches his goals.
- ▶ Continue to hold family meetings.
- ▶ Ask how he feels about ending the TLP and finishing with his PAL.
- ▶ Make sure he has his wellness team in place.
 - ▶ Ask the TODAY medical team about continuing with them or setting up a new team.
 - ▶ Offer to speak to other family members about supporting him.
 - ▶ Remind him you will continue to support his healthy behaviors.

What else can I do to help?

- ▶ Identify the progress he's made. Praise him for it.
- ▶ Talk about the challenges that may lie ahead.
- ▶ Help him set some small and realistic goals for each challenge.
- ▶ Encourage and help him to:
 - ▶ Use problem-solving skills in advance to deal with possible barriers.
 - ▶ Keep track of his progress.
 - ▶ Stick with a goal until he reaches it, even if it takes longer than he planned.
- ▶ Remind him it is important to include his plans in his weekly schedule.
- ▶ Encourage him to review his progress each month.
- ▶ Praise him for both the efforts he makes and the progress he achieves.
- ▶ Remind him you are there to give support.
- ▶ Congratulate yourself for your hardwork. Make a plan to celebrate together.

Additional resources

- ▶ Keep Yourself Motivated—Continue Healthy Behaviors: LC 24
- ▶ Prevent Slip-ups from Turning into a Relapse: Magnetic Memo 22
- ▶ Staying On Track: Magnetic Memo 23
- ▶ Move On with Confidence: LM 20

Suggested activity

Help him make a plan for life after the TLP. Then plan how you are going to continue your own healthy lifestyle changes. This will help both of you.

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My Plan for Life After TLP



My Plan for a Healthy Lifestyle: Write down 3 goals to work on for the next month.

For example: I will eat 3 servings of vegetables and 2 pieces of fruit each day.

- 1.
- 2.
- 3.

My Support: Write down the names of 3 people in your support network. How can each person help you meet your healthy eating and physical activity goals this month?

For example: Levi and I will take a walk 3 afternoons every week.

- 1.
- 2.
- 3.

My Skills: Write down 3 skills you have learned during the TODAY program. How can you use these skills to help you reach your goals this month?

For example: I will keep track of the RED foods I eat on the LM Log.

- 1.
- 2.
- 3.

My Signs of Slipping Up: Write down 3 signs that you may be slipping up.

For example: Buying RED food snacks at a fast food place.

- 1.
- 2.
- 3.

Today's date: _____

Date I will review my plan: _____

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