



Staying Motivated

I need to congratulate myself; I finished the competition!
There have been ups and downs along the way, but I have learned a lot.
Even though the program is over, I need to continue with all my changes.

Weighing in each month, reading healthy tips on the www.okcfox.com website, keeping a food diary and logging physical activity have all motivated and helped me stay on track. How can I stay motivated after the program ends?

- **Never go hungry.** Traditional dieting doesn't work. Trying to limit how much I eat will lead me to overeat when I get too hungry. I need to be sure to never go below 1,300 calories a day, no matter what.
- **Move more.** The more I move the healthier I become. I should aim to get at least 150 minutes of physical activity each week that raises my heart rate. Lifestyle activities like parking further away from store entrances and moving around during TV commercials are also important.
- **Give myself time to make changes.** I did not gain my weight quickly so I probably will not lose it quickly. Losing 1-2 pounds each week is a realistic goal.
- **Keeping visible signs of my progress.** This will help me see how far I have come.
 - Keep a food diary for at least one week a month
 - Record my weight once a week at the same time each week
 - Write down weekly goals for myself
 - Come up with a fun system for tracking my success
- **Feel good about myself.** Feeling good about myself is more important than what the scale says. I will focus on being healthy inside and out.

- **Give myself praise.** I can give others compliments, but have a hard time complimenting myself. Giving myself compliments and/or repeating positive affirmations as often as I can throughout each day can have a major impact on my life.

Quality of Life is determined by how I feel about myself and how happy I am.

Compliments	Affirmations
<ul style="list-style-type: none"> ▪ I did a fabulous job meeting my goal this week. ▪ I look good today. ▪ I am appreciated. ▪ I am staying more organized. ▪ I am good at _____. ▪ I have been getting more sleep lately and feel rested. ▪ I am eating more vegetables. ▪ I have style! ▪ I got 200 minutes of physical activity this week. ▪ I do a great job getting all my laundry done! ▪ I am getting quiet time for myself each day. ▪ I have beautiful eyes. ▪ I have been active most days this week. ▪ I have a great laugh! ▪ I have helped someone today. 	<ul style="list-style-type: none"> ▪ I am worth it! ▪ I am strong. ▪ I believe in myself. ▪ I am in charge of my future. ▪ I find something to laugh about each day. ▪ I am important. ▪ I choose kindness and love. ▪ I am smart. ▪ I am wonderfully made. ▪ I am creative. ▪ I am full of love. ▪ I am strong, I am beautiful, and I am enough. ▪ I am blessed. ▪ I have all that I need to make today great. ▪ I am filled with awesomeness! ▪ I am joyful when others win. ▪ I am beautiful inside and out. ▪ I am perfect just the way I am!

I am so proud of myself. I know that I can stay on track!