

# HOW TO STAY MOTIVATED

Give yourself a pat on the back– you’re over halfway through the challenge! Hopefully you feel like you’ve made progress. But if you’re losing motivation, you’re not alone. Starting and sticking to a weight loss plan can sometimes seem impossible. Here are some ways to stay motivated.

## SET SMART GOALS

**Specific:** Don’t just say “I want to lose 20 pounds.” How will you get there?

**Measurable:** This helps you track progress and stay motivated.

**Attainable:** Make your goal ambitious, but not impossible.

**Relevant:** Your goal should be meaningful to you.

**Timely:** Every goal needs a target date, so that you have a deadline to focus on and something to work toward.



I will [your goal here] by [how you will accomplish the goal]. I will know I am making progress because [how you will measure the goal] for [time goes here].

## OTHER TIPS:

- Pick a diet and fitness plan that you can stick to long-term and avoid extreme or quick-fix diets.
- Keeping a food or weight loss journal can help you measure progress and hold yourself accountable.
- Celebrate your successes. Consider rewarding yourself to boost motivation.
- Find social support to hold you accountable and keep you motivated. Join a running club or support group .
- Think and talk positively about your weight loss goals.
- Find better ways to deal with stress. Exercising, breathing techniques, or calling a friend are all positive coping behaviors.
- Don’t aim for perfection. Know you may have minor slip-ups or setbacks. Give yourself some flexibility.
- Find exercises and activities that you actually enjoy.
- Find a relatable role model you can look up to.