



# Preparing for the Future

You've come a long way since you first started the ShipShape Program. Be proud of all that you've accomplished. Be confident in your ability to make healthy choices. If you experience negative thoughts, recall your successes. Remember that during times of crisis, emotional distress may cause you to revert back to your old ways of coping. Acknowledge that setbacks are temporary. Continue to draw on the knowledge and skills that you learned from the ShipShape Program to maintain your new healthy eating and active living lifestyle.

Consider meeting with a health professional or medical provider at least once a year to review your progress and troubleshoot any barriers to success. Consult the Navy and Marine Corps Public Health Center's Weight Management website to continue your success:

[www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management-default.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management-default.aspx).

As a reminder, the SMART goal model and example below can help you define and redefine your weight loss goals, overcome personal barriers, and track your success.

## SMART goal model

- **Specific** – Detailed in what you are doing
- **Measureable** – Make it something you can track
- **Action-oriented** – What will you do
- **Realistic** – In terms of time, energy, commitment
- **Time-oriented** – Benchmarks and end goal date

## SMART goal example

<b>Specific</b>	I want to lose ten pounds by working out five days a week for 50 minutes and cutting my calories to 1800 per day.
<b>Measurable</b>	<ol style="list-style-type: none"> <li>1. Weigh yourself once a week.</li> <li>2. Keep an exercise log to track your progress. Every day, write down the activities you perform and for how long.</li> <li>3. Track what you eat and how much. Determine if you are staying within 1800 calories and adjust servings as needed.</li> </ol>
<b>Action-oriented</b>	I have to take specific actions that are in my control.
<b>Realistic</b>	I will carve out one morning, two evenings, and two weekend days for physical activity. I am giving myself six weeks to reach my goal.
<b>Time-oriented</b>	On ____ (date) my six weeks will be up and I will reevaluate how close I am to my goal and make any adjustments needed.



## Personal Weight Loss Plan

Use the SMART goal example above to develop your post-ShipShape Program weight loss plan.

### My goal:

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### My nutrition plan:

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### My physical activity plan:

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### My mindset plan:

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### Strategies and techniques for addressing and overcoming barriers and slip-ups:

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