

## 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 (now the Defense Center for Public Health – Portsmouth) Nutrition website to continue your success: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Nutrition/>

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** – The goal clearly defines the actions and behaviors needed to reach it
- **Measurable** – The goal can be tracked, allowing you to see your progress
- **Achievable** – The goal is achievable, and you have the skills and resources to reach it
- **Realistic** – The goal is achievable, given your skills, time frame and level of motivation
- **Timely** – Specify the time frame results can be achieved

### SMART goal example

Specific	I want to lose ten pounds by working out five days a week for 50 minutes and cutting my calories to 1800 per day.
Measurable	1. Weigh yourself once a week. 2. Keep an exercise log to track your progress. Every day, write down the activities you perform and for how long. 3. Track what you eat and how much. Determine if you are staying within 1800 calories and adjust servings as needed. 4. Keep a sleep log to monitor your routine and hours of sleep/night
Achievable	I will take specific actions that are in my control.
Realistic	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.
Timely	On _____ (date) my six weeks will be up and I will reevaluate how close I am to my goal and make adjustments needed.

## Personal Weight Management Plan

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

My goal:

My nutrition plan: *(example: On Sunday, I will prepare 5 healthy breakfasts for this work week)*

My physical activity plan: *(example: I will schedule at least 45 minutes 4 times/week to walk the dog for the next month)*

My mindset plan: *(example: I will go out with friends once a month to listen to live music for the next 3 months)*

My sleep plan: *(example: I will go to bed @ 2200 and wake up a 0630 each day to ensure I have a steady sleep schedule)*

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