



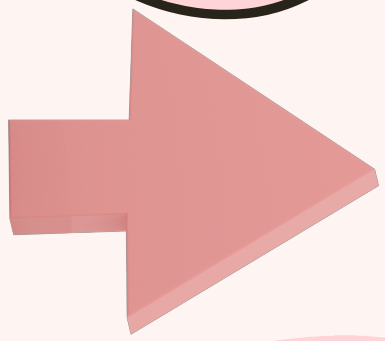
Personal



RELAPSE PROTECTION PLAN

Plan ahead for the triggers, the moments of vulnerability and the future changes in routine.

MY "WHY" REMINDERS
 Remind yourself why you started this journey in the first place.



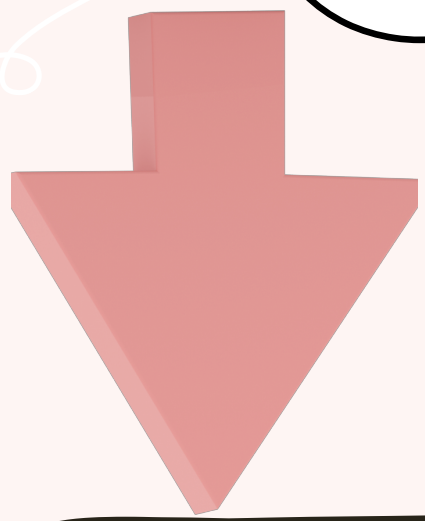
MY "WHY":

NON-SCALE GOALS:

Anticipate the triggers.

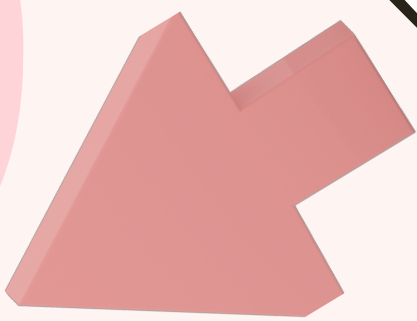
- Are there emotional triggers?
- Food triggers?
- Location triggers?
- Does travelling trigger you?

IDENTIFY RELAPSE TRIGGERS AND WARNING SIGNS



REMEMBER HALT:
HUNGRY
ANGRY
LONELY
TIRED

This is when we are most vulnerable and need the most support!



Make it a daily practice to remind yourself of your "whys" and your non-scale goals.

Be on the lookout for possible triggers that could catch you off guard.

Make an effort to avoid "HALT" by planning ahead and implementing healthy and effective coping skills.

NEED A COACH?

ONGOING SUPPORT FROM YOUR REGISTERED DIETITIAN

Email NutritionNibbles@gmail.com
or call (239) 910-2154

