

# Setbacks, Problems and Finding Solutions

Discuss these with your *Get Healthy* Coach.



## What else could be stopping you?

When you are developing your health goals, it is important to identify the things that could keep you from creating and maintaining healthy changes.

Below is a list of reasons why you might not be reaching your healthy eating goals.

Answer the questions and see if your answers highlight things that you need to change to help you eat more healthily.

Barriers to eating healthier	No	To some extent	Yes
<b>Your eating patterns</b>			
Do you skip any meals?			
Do you go for long periods without eating?			
Do you tend to nibble or pick at food?			
Do you eat when you're not hungry?			
Do you continue to eat after you are already satisfied?			
Are there particular times of the day when you are likely to overeat?			
Are there particular days of the week when you are likely to overeat?			
<b>Your portion sizes</b>			
Are your portion sizes on the large side?			
Do you take second helpings?			
Do you always eat everything on your plate?			
<b>Your choice of foods and drinks</b>			
Are you prone to eating high fat/sugar foods (e.g. biscuits, cakes, chips, chocolate)?			
Do you frequently drink high sugar drinks (e.g. alcohol, soft drinks, sports drinks)?			

Barriers to eating healthier	No	To some extent	Yes
Do you eat take away/fatty foods regularly?			
Do you consume full-fat dairy products (e.g. milk, cheeses, yoghurts)?			
<b>How you eat</b>			
Do you eat very quickly?			
Do you eat in places other than the kitchen or dining room?			
Do you eat while watching television?			
Do you eat on the run or in an unplanned way?			
Do you eat directly from packets or containers?			
<b>Other obstacles to weight loss</b>			
Do you eat when you are stressed?			
Do you eat when you are bored?			
Do you justify eating unhealthy foods because you have exercised that day?			

Did your answers give you some ideas on what you could change? If you answered 'no' to most of these questions, you have a good understanding of how to avoid the pitfalls of unhealthy eating. If you answered 'yes', look at these questions and think about how you could make some improvements.

## Notes

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