
Looking Back at Last Year's Trip

Think of the last time you stopped a health goal (Chapters 1 and 13).

1. Where did I stop? Which date, which week, after what event?

2. What was going on at the time? How was I sleeping, how was work, did anything hurt, who was around me?

3. What did the plan ask of me? How many sessions a week, how long, what was banned, how many changes started at once?

Reason for stopping (written at the time): _____

Reason for stopping (revised today), three specific causes, not "no willpower":

1. _____
2. _____
3. _____