

Inflection Points

Directions: List 3 different scenarios that get you off track and bring you back to poor habits and decisions. Then create a back-up plan of how you will conquer that situation. **Be honest with yourself!** Take a look at the past few weeks and situations that you have messed up.

Example- Problem: When I don't have veggies to add to my dinner, I don't get full enough, so I over-eat the carbs and protein. Solution: In addition to fresh veggies, I will buy some frozen and canned as back-up.

1. Problem: _____

Solution: _____

2. Problem: _____

Solution: _____

3. Problem: _____

Solution: _____
