



Planning Ahead for High-Risk Situations

In the left column of the table below, make a list of events or changes that could happen in your life in the future. Then write down how each change might affect your activity schedule. Finally, list plans to maintain your active lifestyle during the change.

Upcoming Event or Change	Effect on My Activity	Ways I Plan to Cope
<i>Example:</i> New job that is farther from home.	Longer commute will mean less free time after work to be active.	1. Find a mall, park, or gym near work so I can be active at lunch. 2. Look into flex-time so that I can come to work earlier in the morning and get home early enough to walk in the evening.