



Detouring Physical Activity Roadblocks

Think about how you can deal with major roadblocks to change. Write down one or two things that have tripped you up during your attempts to be active for the last two years.

My Roadblocks:

- 1.
- 2.



Now, pick one of the roadblocks and work through the IRAP process:

Identify

What is the real problem?

Remember

What are your values and goals?

Analyze

What are all the possible solutions?

Plan

What specific steps can you take?