

# Example of Planning for and Overcoming Roadblocks

*Health and Fitness: My dream was to eat healthier and become more physically fit.*

Roadblocks that Occurred Throughout my Journey:

## 1. Roadblock:

I worked over 50 hours a week and had several meetings throughout the day. It was difficult to make time to work out during the week and make healthy meals on weeknights.

## Action Plan:

Each Sunday I reviewed my work schedule and wrote down in my fitness journal which days/times I would commit to working out that week based on my schedule. I would also make extra portions of healthier food options on Sunday's when I had the day off and freeze to use later on in the week.

## 2. Roadblock:

My husband did not like the taste of healthy food. He was happy with Hamburger Helper, mac and cheese and pizza every night. He was not excited about my new eating habits.

## Action Plan:

Since my husband did not want to convert to the healthier choices I was eating, we started cooked our meals separately. Eventually, he got tired of making his own food so I started cooking for him as well. I adding herbs, spices, cheese and a bit of butter at first to get him to eat the healthier dishes and slowly took the butter and cheese away. He eventually started eating and now prefers the healthier options.

## 3. Roadblock:

On my prior team, we had several happy hours to celebrate promotions, birthdays and holidays. This made it difficult to eat healthy when I knew I would be attending a Happy Hour.

## Action Plan:

When I knew I had a Happy Hour the following day, I would be sure to bring an apple or banana to eat before the Happy Hour so I wouldn't be tempted to eat the greasy food in front of me. I would also always order water so I had something to drink.

#### **4. Roadblock:**

Healthier food was more expensive than boxed meals.

#### **Action Plan:**

After switching to a healthy food choices, I also looked up recipes online. I would make dinner using these healthy options and would use the leftovers for lunch the next day. Otherwise, while I was making dinner, I will make my husband and my lunch and breakfast for the following day. This actually saves us \$200 a month. We also don't go out to eat as much now on weekends since we enjoy cooking healthy meals together and know what ingredients is in our food.

#### **5 Roadblocks:**

From Halloween to New Years, there are several holiday parties going on between work, friends and family, which make it difficult to eat healthy.

#### **Action Plan:**

My solution was regardless if I was asked to bring a dish or not, I would make a fruit salad so I knew there would always be a healthy option.