

Celebration and Moving Forward

Session Objectives

1. Participants will engage in 45 minutes of physical activity.
2. Participants will reflect on goal progress.
3. Participants will identify next steps with goals.
4. Participants will write “words of wisdom” for next cohort and write note of encouragement to themselves.

Supply List

Journals

Paper

Pens

Cards

Masking tape/colorful quotes

Physical Activity *45 minutes*

Facilitate physical activity and/or lead walking group. Adults and older teens (15+) can use the fitness facility.

Power House Activity

Part 1: Group Check-in *5 minutes*

Participants will review goal progress and set goal(s) for the next week.

1. Have participants turn in tracking sheets.
2. Handout participant journals. Participants will reflect on goal progress and set goals for the upcoming week.
3. Ask participants to share about goal progress.
4. Return tracking sheets with feedback.
5. Encourage continued food and activity tracking.

Write positive feedback on tracking sheets while participants are setting goals for the next week.

Part 2: Reflection and planning *15 minutes*

Participants will reflect on past progress and plan for maintenance phase.

1. Look back through your journal. Write down accomplishments.
2. Consider:
 - What made you successful with those changes?
 - Were there times when it was challenging but you still met part of a goal? How did you do it?
 - What have you found helpful along the way?
 - What things have you learned?

- Where there times when things got off track?
 - How were you successful with getting back on track? (make a getting back on track worksheet)
3. Write down maintenance goals (things you want to keep doing).
 - What do you need to keep going?
 4. Consider new goals.
 - What is your next step?
 - If you meet your goals what does life look like in 5 years?

Part 3: Words of Wisdom

Participants will write words of wisdom to families in the next cohort. They will write their words of wisdom on cards (make a copy to send to them).

1. Participants will write words of wisdom/encouragement to the next group of parents.
2. Consider:
 - What kinds of things would you say to encourage a friend?
 - What do you know that you wish someone would have told you?
 - What do you find encouraging?
 - What experiences have given you strength?
 - What have you learned through your process of making changes?
3. Participants will self-address an envelope which will be mailed to them at 1 year mark.

Part 4: Celebration

Participants will watch slideshow of pictures and celebrate their accomplishments with a potluck dinner.

Moving Forward

What are 1 or 2 things that you learned or that you tried over the last 16 weeks?

Changes that we have made . . .

Things that made us successful with this change . . .

What things do you want to continue to do (maintenance goals)?

What do you need to keep going with maintenance goals?

What are our next steps?

How will we know how things are going?

How will we know if things get off track with this goal?

What are 1 or 2 things that help us get back on track?
