

Tracking unhelpful behaviours & urges

When trying to make a change around exercise and diet, it's important to understand that it's not just about creating new behaviours. It's also about the behaviours we are trying to take away or minimise.

One way to get on top of unhelpful behaviours is to track the urges you have to behave in this way. The simple act of recording urges can help to develop awareness around the things that are getting in the way. It can also help to formulate management strategies.

Unhelpful behaviour(s) I want to track: *E.g. Eating late at night (past 8pm), or Coming home and watching TV (when it's my only chance to exercise)*

Date & time	Intensity of urge (1-10)	What prompted your urge (queue) to behave his way?	How did you manage the urge?	How'd you feel about how you managed the urge?

NOTE: When tracking urges try and establish what prompts you (the queue) to want to behave in this way. Managing urges when they arise can be effective, however an even more effective method of managing urges is to eliminate the behavioural queues that trigger them.