

## Strategy for long-term health behavior change (Die Schweinehundanleitung®):

### 1. MY REALISTIC PLANS:


### 1a. WHAT BENEFITS DO I EXPECT, IF I IMPLEMENT MY PLAN IN THE LONG TERM?


### 2. MY "TRAINING DAYS" AND "TRAINING TIME":

*ATTENTION: It is recommended to block the appointments directly in the calendar!*


days:

--

time:

--

My plan B:

--

### 3. MY PERSONAL GOAL AFTER 6 MONTHS:

*ATTENTION: Please estimate realistically and write down as accurately as possible!*


### 4. HOW I MEASURE MY SUCCESS:

--

### 5. THIS IS HOW I REWARD MYSELF:

--

### 6. MY FIRST STAGE GOAL AFTER 2 MONTHS:

*ATTENTION: It must be realistic to achieve!*

--



Goal review date (in 2 months):

*ATTENTION: Enter the date here and in the calendar!*

**6a. THIS IS HOW I MEASURE MY SUCCESS AFTER 2 MONTHS:**

*As a rule, as with 4.*


**7. I HAVE THE FOLLOWING SOURCES OF INFORMATION IN CONFUSING SITUATIONS:**


**8. I HAVE THE FOLLOWING SUPPORT OR HEALTH PARTNERS:**


**9. I HAVE INFORMED MY PARTNER AND MY DIRECT ENVIRONMENT IN DETAIL ABOUT MY PLANS:**

Yes     No

I will do:

**MY SECOND STAGE GOAL AFTER 4 MONTHS:**

*ATTENTION: Continue here only when the first stage goal is reached.*


Goal review date:

*ATTENTION: Enter the date here and in the calendar!*

GOAL REACHED AFTER 6 MONTHS?

Yes     No

Reward redeemed on:



How sure am I that I will continue my behavioral change over the next 6 months?

very unsafe



very safe

What tricks will my Schweinehund ("pig dog") have in stock and what will I do about it? (Schweinehundanleitung®)?

Tricks from the Schweinehund ("pig dog")

Schweinehundanleitung®  
(Countermeasures)

**Have fun leashing!**

