

## Reward Yourself When You Complete A Goal

### Chart C

*When you accomplish a goal, reward yourself with non-food items or physical activity. Be creative when you determine your rewards and try to fit activity in the reward theme. Motivate yourself to manage your lifestyle changes with new and fun ideas.*

**Exchange services with** friends for accomplishing goals. For example, your friend makes 7 freezable dinners for you and you clean their house. Burn calories at the same time!

**Find new places** to hike at local parks. Check your local Metro Parks schedule for upcoming group hiking or walking events.

**Will a new** gardening book motivate you to burn some calories while pulling weeds at the same time? Then find one!

**And don't forget** the intrinsic reward of better health - improved blood fat levels and just the thought of adding quality years to your life!

### Reward Ideas

**Gardening book**

**Yoga or pilates class or tape**

**Stylish exercise outfit**

**Exercise shoes**

**Massage, pedicure, manicure, or makeover**

**New ethnic cookbook** - look in discount bookstores for deals

**Fun cooking class** for something you never thought you would bake

**Specialty grocery store** - try a new vegetable, grain, or tea

**Unique kitchen gadget** - oh yes, a reason to visit the cooking store at the mall

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