Staying healthy is a journey—one with a few dips and turns.

Ways to get back on track

**Learn from it**
Keep a journal to help you stick to your goal.

**Revisit your motivation**
Was it to fit into a little black dress or finish a 5K? The important thing is to remember why you started.

**Evaluate your goal**
It’s OK to change the plan. Switch exercises or meal plans until you find one you like.

**Stay positive**
One lapse doesn’t undo all your hard work and it doesn’t make you a bad person. Just keep going.

**Get back on track right away**
Don’t waste any time wallowing. It’s never too soon to start living a healthy life.