

## TRAVEL PLAN

**Travel Destination:** \_\_\_\_\_

**Purpose of Trip:**  Vacation  Visit Family  Business  Other \_\_\_\_\_

**Date Leaving:** \_\_\_\_\_ **Date Returning:** \_\_\_\_\_

**My intentions for this trip are (check as many as apply):**

- |  |   |
|--|---|
| <input type="checkbox"/> To lose weight ( _____ pounds)                  | <input type="checkbox"/> To maintain my typical activity level      |
| <input type="checkbox"/> To maintain my weight                           | <input type="checkbox"/> To be more active than usual               |
| <input type="checkbox"/> To feel okay if I gain a couple of pounds       | <input type="checkbox"/> To relax my exercise routine               |
| <input type="checkbox"/> To eat what I want without regard for my weight | <input type="checkbox"/> To incorporate new activities into my trip |
| <input type="checkbox"/> To reduce stress by _____                       | <input type="checkbox"/> To have fun by _____                       |

**My eating strategies are:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**My plan for exercising and being active is:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Tools, foods, and supplies to bring:**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Water bottle(s)        | <input type="checkbox"/> Food journal                     | <input type="checkbox"/> Exercise bands, water weights |
| <input type="checkbox"/> Food for airplane/car  | <input type="checkbox"/> Nutrition guide (calories, etc.) | <input type="checkbox"/> DVD, video, iPod workout      |
| <input type="checkbox"/> Snacks                 | <input type="checkbox"/> Other - _____                    |  |
| <input type="checkbox"/> Breakfast foods/ hotel | <input type="checkbox"/> Other - _____                    |  |

I commit to follow the above plan and to return to my normal wellness routine on \_\_\_\_\_  
date

**Signature:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_