We all slip up now and then—but what really matters is what we do next. Here’s how to be prepared.
What is a recovery strategy? Simply put, it’s your next-steps plan for any time you slip up—whether it’s a lapse like skipping a workout or a relapse like not working out for two weeks. It may seem counterintuitive, but if you accept that at some point a slip is inevitable, then when it actually happens you’ll be able to take it in stride and move on.

How does it help? If you have a plan, it’s easier to shift back into your healthy behaviors. (And you’ll bypass the guilt phase, too!) So let’s say you overshoot your SmartPoints® Budget one evening. To get back in the saddle, this could be your plan:

1. Track the meal that led you to go over your Budget.
2. Have a “go-to” filling, low SmartPoints breakfast the next day.
3. Move on!

Imagine what might have happened if you didn’t have this plan. Not fun. Create a recovery strategy now, and when you do slip up, you’ll feel confident and in control of your next move.

I wish I could rewind the day so I could make better choices. Oh well, I can’t undo the past. Live, learn, and move on.

—wanekabutterfly*

*Posted on Connect on the mobile app (for subscribers).

WHAT TO DO: MAP IT OUT

When a lapse happens, don’t judge yourself. Instead, congratulate yourself on using these strategies to get back in your healthy, happy groove.

1. Change your situation. If you overate because you’ve got a fridge full of leftovers, toss or give them away (or at least remove them from your line of sight). Skipped a workout because your gym clothes were dirty? Throw in a load of laundry, pronto!

2. Plan your next move. Identify low SmartPoints foods as go-to options for your next meal (but don’t skip a meal—that sets you up for hunger-panicked decision making later). Earmark 15 minutes in your schedule for a brisk walk. Open your tracker immediately and track the last thing you ate—no matter how long it’s been since you last tracked.

3. Put things in perspective. So you ate too much—or exercised too little, slacked off on tracking, or in some other way let yourself down. But stack one slipup against all the other awesome, feel-great decisions you made this week, and you’ll see that your “success” column is longer than your “slipup” column.

4. Flip the script. Look at what led you to lapse and plan how to handle next time. Ask yourself: What were the circumstances? Let’s say you got out of work late and hungry. What were the obstacles? Maybe you didn’t have a snack. When you got home, you ate the first thing you saw. How can you prepare better? You can put snacks in your desk and car, so you have a smart choice when you’re famished and can’t wait to eat until you prepare dinner.
THINK AGAIN
Stop the self-blame train in its tracks! Acknowledge what happened in the past so you can learn for the future.

**OLD THOUGHT**
“I can’t believe I threw away weeks of hard work for a few doughnuts.”

**NEW THOUGHT**
“I ate two doughnuts, but I’m doing great otherwise. I’ll track them and use my weeklys so I don’t go over my Budget.”

**OLD THOUGHT**
“I can’t seem to stick to a fitness routine. I hate getting up early to walk.”

**NEW THOUGHT**
“I do like feeling energized when I walk to the bus after work. I’ll get in my steps after work when it feels good.”

**OLD THOUGHT**
“I blew it—I don’t even know how it happened!”

**NEW THOUGHT**
“I’ll look back, step by step, to see what I did that led up to the point where I went off track. That can help me ‘break the chain.’ ”

**OLD THOUGHT**
“I can’t seem to stick to a fitness routine. I hate getting up early to walk.”

**NEW THOUGHT**
“I do like feeling energized when I walk to the bus after work. I’ll get in my steps after work when it feels good.”

**OLD THOUGHT**
“I blew it—I don’t even know how it happened!”

**NEW THOUGHT**
“I’ll look back, step by step, to see what I did that led up to the point where I went off track. That can help me ‘break the chain.’ ”

**TO DO THIS WEEK**
- Use the strategies on page 3 to make a plan for getting back on track when you slip up.

**What I want to accomplish this week:**

Share how you get #BackOnTrack on Connect on the mobile app (for subscribers).

For more on recovery strategies, see “Weekly Extra” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

*Posted on Connect on the mobile app (for subscribers).
ROSEMARY LAMB CHOPS WITH BALSAMIC TOMATOES

Serve the tomatoes over salmon fillets or grilled chicken breasts, too!

3 SmartPoints® VALUE PER SERVING // PREP 5 MIN // COOK 15 MIN // SERVES 4

2 tsp olive oil, divided
4 (¼-lb) lean bone-in loin lamb chops, trimmed (1¼ inches thick)
2 Tbsp chopped fresh rosemary
¾ tsp salt, divided

¼ tsp black pepper, divided
2 cups cherry tomatoes
2 scallions, thinly sliced
2 Tbsp balsamic vinegar

Heat 1 teaspoon oil in skillet over medium-high heat. Sprinkle lamb with rosemary, ½ teaspoon salt, and ¼ teaspoon pepper. Place lamb in skillet and cook, turning once, until instant-read thermometer inserted into sides of chops registers 145°F, about 10 minutes. Transfer lamb to plate and keep warm. Reduce heat to medium and add remaining 1 teaspoon oil to skillet. Add tomatoes and scallions and cook, stirring often, just until tomatoes are softened, about 2 minutes. Add vinegar, remaining ¼ teaspoon salt, and remaining ⅛ teaspoon pepper and cook 30 seconds. Serve lamb with tomatoes. Yields 1 lamb chop and ½ cup tomatoes per serving.
SAVOR YOUR JOURNEY

Smart Ones® offers great-tasting products to help you reach your goals, so you can enjoy your journey as much as the destination.

MANUFACTURER’S COUPON EXPIRES 12/23/2016

SAVE $3 on any
SEVEN Weight Watchers® Smart Ones® Frozen Products

Register for savings at eatyourbest.com/register