
Want to Make a Lasting Change? Try SIP(ping)TEA!

Nancy F. Barrett EdD

Congratulations! You have made the decision! You have finally resolved to lose those pesky ten pounds. Or get physically fit. Or go back to school. The first step to change is deciding to DO something !!!

HOWEVER. . . We all know that good intentions alone are not enough to turn dreams into reality. You need to PLAN! Making that plan doesn't have to be complicated. All you need to do is relax, take some time and . . . **SIPTEA!!**

By honestly answering these questions and completing the worksheet, you will be on your way to making changes.

1. What are the possible **STRATEGIES**?
2. What **INFORMATION** do I need?
3. What **PROBLEMS** might arise?
4. What is my **TIMELINE**?
5. How will I **EVALUATE** the results?
6. What **ADJUSTMENTS** are needed once I get started?

General tips for making long term changes:

1. Make goals specific.
2. Share your plan with someone else. (This increases accountability.)
3. Regularly check your progress.
4. Make sure your evaluation includes **OUTCOME** as well as **PROCESS** measures.
 - a. **OUTCOME** evaluation looks at **WHAT** occurs (eg: "losing 10 pounds"; "able to comfortably lift 20 pounds", etc)
 - b. **PROCESS** evaluation looks at **HOW** it occurs (eg, "attending 75% of the classes"; "walking 3 times a week") **Process evaluation is necessary but not sufficient** to meeting your goals.
5. Reward yourself for success!

To develop a more extensive evaluation plan, contact Nancy F. Barrett EdD, nfbarrett@barrett-evaluations.com for a free consultation

Sample SIP(ping)TEA Goal Sheet

(Complete a Separate Sheet for Each Goal)

Name: *Nancy Barrett*

Date: *October 1, 2010*

Long-Range Goal (BE SPECIFIC!!!) *Increase core muscle strength*

Strategies	Information Needs	Possible Problems	TimeLine	Evaluation	Adjustments? (If unable to meet evaluation goal)
Exercise class	Location Cost Prerequisites Teacher qualifications	Schedule Stamina Cost	Assess after three 3 months	Attend 75% of the time Able to comfortably lift 10 pounds after 6 months	Identify and address barriers (Schedule? Stamina? Instructor? Time?) Is goal realistic?
Walk during the lunch hour	Safe route	Consistent time Finding a partner May not address primary goal (cardio) Work schedule	Assess weekly	Do 3 times a week. Measure heart rate	May need to find a different time? Find another partner?
Walk in the evening/morning	Safe route	Consistent time Finding a partner May not address primary goal (cardio) Family routine	Assess weekly	Do 3 times a week. Measure heart rate.	May need to find a different time? Find another partner?

Strategies	Information Needs	Possible Problems	TimeLine	Evaluation	Adjustments?
Exercise video/book	Preference Availability	Time Space Pace	Try it for 2 weeks	Do it 3 times per week Be able to comfortably lift 10 pound weights after 6 months	Might try another video. Look online for advice. You might benefit from a class?
Join a gym	Cost /Deals Availability Trainer option Location Preference	Cost Attendance Extended contract	On-going. But assess after three 3 months	Attend 3 times per week Be able to comfortably use 10 pound weights after 6 months	Might look for another gym option. Get help from trainer.
Buy home equipment	Cost Type Garage sale availability Preference	Expense Consistency of use Space!	On-going. But assess after three 3 months	Able to do it 3 times a week If no, review problems list	Look online for advice. You might benefit from more structure Get a trainer to develop exercise plan.

*To develop a more extensive evaluation plan, contact Nancy F. Barrett EdD,
nfbarrett@barrett-evaluations.com for a free consultation*

Blank SIP(ping)TEA Goal Sheet
(Complete a Separate Sheet for Each Goal)

Name: _____

Date: _____

Long-Range Goal (BE SPECIFIC!!!) _____

Strategies	Information Needs	Possible Problems	TimeLine	Evaluation	Adjustments?

*To develop a more extensive evaluation plan, contact Nancy F. Barrett EdD,
nfbarrett@barrett-evaluations.com for a free consultation*