



# Problem Solvers: Easy Tools for Healthier Habits



Have you ever been given advice that sounds easy, but just isn't? For example, being told "just go to bed on time" when you're feeling tired throughout the day, or "just relax" when you're in a stressful situation?

Here's the truth: Making healthy choices isn't always easy. That's why we created the Problem Solvers: to help you figure out why something is hard and give you real ideas to work through it. Problem Solvers can help you develop your own action plan for overcoming problems when they arise.

## What if I make a mistake?

Mistakes are part of learning. Everyone makes them, even when trying their best to build healthy habits.

Sometimes you might have a **slip** — a small mistake, like staying up too late or not drinking enough water. You notice it and get back on track quickly.

Other times, you might have a **setback** — when things feel harder for a while, and it takes more time or support to get back into your routine.

Both are totally normal. What matters most is that you keep trying. Every step forward counts.

## Using Problem Solvers

The Problem Solvers are designed to help you follow the fit kit main messages for healthy habits, whether you're just getting started or you've had a slip or setback. Each one gives you a real situation — like feeling too tired to exercise or getting stressed during homework — and helps you work through it in three steps:

### Ask yourself...

Start by thinking about the problem. What's happening? What makes it hard? How do you feel about it?

### Learn more...

Read the info and tips in the Problem Solver. You'll find ideas, examples, and tools that might help.

### Ask yourself...

Now that you've learned something new, what could you do differently? What's one thing you want to try?

Once you're ready, use the My Problem Solver action plan to put your ideas into action. Break your plan into small steps and decide when you'll take each one. If one idea doesn't work, try another.

You can use this process anytime something feels tough. It's not about being perfect — it's about learning, adjusting, and moving forward. And don't be afraid to ask a parent, teacher, coach, or someone else you trust for help as you work on your Problem Solvers!

Ready to get started? Check out the sample My Problem Solver action plan on the next page. Then download your own My Problem Solver action plan.



# Sample

## My Problem Solver action plan



### Problem and possible solutions

1. State the problem in your own words. Explain why you want to solve the problem.

Getting good grades is important to me so I spend a lot of time studying after school, with little time to exercise.

I really want to solve this problem because I know exercise will make me feel good. Mom has diabetes and wants to start exercising too.

2. List some ideas for solving the problem. Check the ideas you think are best for you.

☒ Exercise throughout the day (15 minutes in the morning, 5 minutes during my lunch break, 40 minutes right after school).

☐ Exercise with Mom at home at scheduled times.

☒ Exercise with friends at the park after school.

☐ Exercise during planned study breaks using the Boston Children's fit kit Circuit.

### Step-by-step action plan

Step	What will you do?	When will you do it?
1	Schedule times to exercise with Mom, three days for one week, 30 minutes per day. Enter scheduled times in my calendar.	Friday, 7/18
2	Select exercises from the Boston Children's fit kit Circuit.	Saturday, 7/19
3	Find My fitness tracker in the Boston Children's fit kit.	Saturday, 7/19
4	Do the selected exercises with Mom according to the schedule. Complete My fitness tracker for each day when I exercise.	Sunday-Saturday, 7/20-7/26
5	Review My fitness tracker to see how I did for the week. Make plans for next week.	Saturday, 7/26

### Look back – look ahead

After giving your best effort to follow the plan, ask yourself, "Did I solve the problem?"

- If yes, celebrate your success and thank those who helped you. Be ready to solve another problem, when necessary.
- If no, ask yourself, "What can I do differently to make this plan work for me?" Or select a different idea for solving the problem and make a new step-by-step action plan.