

Set Your Weight Loss Goals

Putting your weight loss goals in writing will help keep you on track. Set realistic goals that fit your lifestyle and timeline. Remember, goals are flexible. Once you start logging your food and beverage intake and your physical activity, you may want to update or add to your goals. Use this form to establish where you are, where you want to be and how you are going to get there.

Initial body weight: _____ pounds

- Record your current weight. This will serve as a reference point to measure your success.

Short term weight goal: _____ pounds (up to six months)

- Identify your short-term weight goals. Establish a realistic goal weight by averaging a $\frac{1}{2}$ - 2 pounds of weight loss each week over the next several months (your weight loss may be a little bit more or a little less each week).

Long term weight goal: _____ pounds (greater than six months and beyond)

- Continue to focus on weight loss of $\frac{1}{2}$ - 2 pounds/week if needed.
- Focus on maintaining weight loss achieved.

List two food and/or beverage changes

1. _____
2. _____

Example: "I will replace half of my sodas with water this week."

List two ways to increase your physical activity level

1. _____
2. _____

Example: "I will take the stairs instead of the elevator if it is only one or two flights."

Weigh yourself once a week

- Weigh yourself once a week to track your progress and identify any changes that need to be made to help you achieve your goal weight.

Weight Loss Tracking Chart

Weigh yourself once a week and first thing in the morning using the same scale each time to get the most accurate weight for the day. The first two rows provide an example.

Day	Date	Weight	+/-	Total Loss	Notes