



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 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 to serve as a reference point to measure your success.

Ideal body weight: _____ pounds

- Identify your ideal weight based on age, gender, and height using an [online calculator](#).

***Note:** There is no 'best' formula for calculating ideal body weight, so select the one that aligns with your weight loss goals.*

Goal body weight: _____ pounds (six months after completing the ShipShape Program)

- Establish a realistic goal weight by averaging a half pound to two pounds of weight loss each week over the next several months.

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.