



Why I Want to Lose Weight...

Before you begin your weight-loss journey, it is important to spend time reflecting on why YOU want to lose weight. It is also important to have goals for your weight loss journey. Make sure that that these are personal motivators and are not intended to please others.

What are your top 3 goals for weight loss?

1. _____
2. _____
3. _____

Describe the physical benefits you hope to get by losing weight:

Describe the functional benefits you hope to get by losing weight:

Describe the medical benefits you hope to get by losing weight:

Describe the psychological benefits you hope to get by losing weight:

How I Plan to Lose Weight...

Goal setting is the "how" of weight loss. Motivators are the "why." When setting goals, utilize the SMART technique:

SMART	Technique	Example
Specific	Who, what, where, when, how...	"I want to lose 10 pounds in two months."
Measureable	How will you track?	10 pounds in 8 weeks = 1.25 pounds/week
Attainable	Resources you have available, previous experience	"I have been able to do this before, and now I have new tools from my doctor!"
Relevant	Why this goal is important	Review your motivators above
Timely	Set benchmarks and deadlines	"Focusing for two month intervals works for me."