

WEIGHT LOSS GOAL SETTING SHEET

Start Date: _____

Start Weight: _____

Goal Weight: _____

Goal size: _____

Goal Period: _____

Reason/Motivation:

Future Goals:

Milestones:

NOTES FOR WEIGHT LOSS GOAL SETTING SHEET

Start date: The date you started your weight loss plan.

Start weight: Your weight when you started.

Goal weight: What weight do you want to reach? For example, if you are 200 pounds now and you want to reach 150 pounds then 150 pounds is your goal weight. Ensure that this is an achievable weight that takes your height and body shape into account. Your doctor can advise you of an appropriate goal weight according to your BMI.

Goal size: As with your goal weight. If you are currently size XXL and want to be an M (medium) then this is your goal size. Again, this figure should be achievable and healthy.

Goal period: The length of time in which you want to reach your goal weight? Needs to be practical. If you want to lose 100 pounds then don't have a goal period of 12 weeks, as that is more than 8lbs per week, an almost impossible figure to achieve. Your goal period should aim for no more than 2lbs weight loss per week.

Reason/motivation: Why do you want to lose weight? What is your motivation? Maybe your weight is affecting your health, putting strain on knees that have arthritis, onset (type 2) diabetes etc. Maybe you want to improve your health in order to live longer for the sake of your family and children. Maybe you're getting married and just want to look your best.

Future goals: Is there anything you want to be able to do after you lose weight that you can't do now? Play a sport? Run around the park playing with your kids. Getting back into your favorite outfit?

Milestones: Sometimes it helps to take notes of milestones like when you drop a clothing size or get back into a pair of jeans that hasn't fitted you for six months. Or when you can get up that flight of stairs without huffing and puffing and having to rest for ten minutes after doing it. Download our free weight loss chart at:

<http://bestwaytoloseweight4u.com/wp-content/downloads/free-weight-loss-chart.pdf>

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