

Your Plan for Losing Weight

Weight loss is all about calories — eating fewer and burning more. Take a moment and consider what you could do to improve your situation. Example: I will walk 30 minutes a day, four days a week for 12 weeks.

The behavior I want to change:

What I plan to do:

How often will I do it:

How long will I do it:

My goal:

What health benefits do I expect to see:

What am I including in my plan to lose weight:

How will I reward myself: