



# My Weight-Management Plan

Obesity is a disease that can become more severe over time. Even with the help of a prescription treatment for chronic weight management, a successful, long-term plan includes healthy eating, increased physical activity, and behavior changes that fit your lifestyle. Please use the following ideas as a guide for discussing your weight-management plan with your health care professional.



## What I can do today

- Understand the body's natural reaction to weight loss
- Discuss how weight-related health conditions may affect me
- Fill my prescription



## My areas of focus

### Healthy eating

Start with a change that you feel ready to make. Then, consider what else you can work into your routine.

#### Getting started

- Eat 3 meals a day, including breakfast
- Drink 8 glasses of water a day
- Reduce portions
- Increase protein
- Increase fiber
- Reduce sugar
- Reduce sodium
- Reduce carbohydrates
- Limit saturated and trans fats

#### Going a step further

- Find a healthy go-to snack that is low in carbs, sugar, and fat
- Increase servings of fruit
- Increase servings of vegetables
- Reduce soda
- Limit processed foods
- Consult a dietitian about \_\_\_\_\_

Daily goal:  calories

Notes

### Physical activity

Find an activity you will enjoy. To start, aim to be active at least 5 days a week for 30 minutes each day.

#### Getting started

- Walk briskly
- Bike
- Swim
- Dance
- Hike
- Play golf
- Do yoga or pilates
- Lift weights
- Do housework or yardwork
- Other \_\_\_\_\_

#### Going a step further

- Add new activity goals to your plan over time

Notes

### Behavior and mindset

Certain behaviors and the way you think can play a role in your weight management.

- Keep a food journal
- Keep an activity journal
- Identify triggers that lead to emotional eating
- Identify challenging social eating situations
- Learn about eating mindfully
- Prepare for how to handle setbacks
- Get a full night's sleep (7-8 hours)
- Focus on small changes like \_\_\_\_\_

Notes

For more helpful information on healthy eating, visit <http://www.yourweightmatters.org/category/nutrition/>

For additional physical activity suggestions, visit [http://www.cdc.gov/healthyweight/physical\\_activity/index.html](http://www.cdc.gov/healthyweight/physical_activity/index.html)



# Setting Realistic Goals

Realistic goals for weight management may help you set your expectations and identify ways to track your progress. Here are a few tips for developing realistic goals.

- Keep in mind that, on average, you may lose 1 to 2 pounds per week
- Start slowly with an activity you enjoy, and make it a habit
- Ask a family member or friend to get active with you
- Work with members of your household to choose healthy foods
- Recognize your progress, and remember that each day is a new day
- Prepare meals in advance and schedule time to make physical activity a part of your daily routine
- Stay on track, even when you feel like you're not making progress
- **Monitor your progress. People who monitor progress lose more weight than those who don't**




## What I can do next

Your long-term plan for weight management should include realistic short- and long-term goals that you should discuss with your health care professional.

### Month 1

*For example: Build a routine.*




### Months 2-5

*For example: Continue to take my medicine as prescribed, assess healthy eating and physical activity progress, and consider additional changes.*




### Months 6-12

*For example: Continue to take my medicine as prescribed and set goals that plan ahead for potentially challenging situations, like the holidays.*



### Year 1+

*For example: Discuss weight maintenance and new goals for moving forward with a health care professional.*



### Additional notes

