



# My Best Weight Journey

Our weight is impacted by a number of different factors

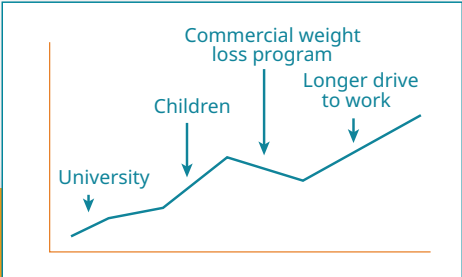


Your **Best Weight** is the weight you achieve while living the healthiest lifestyle you can truly enjoy.

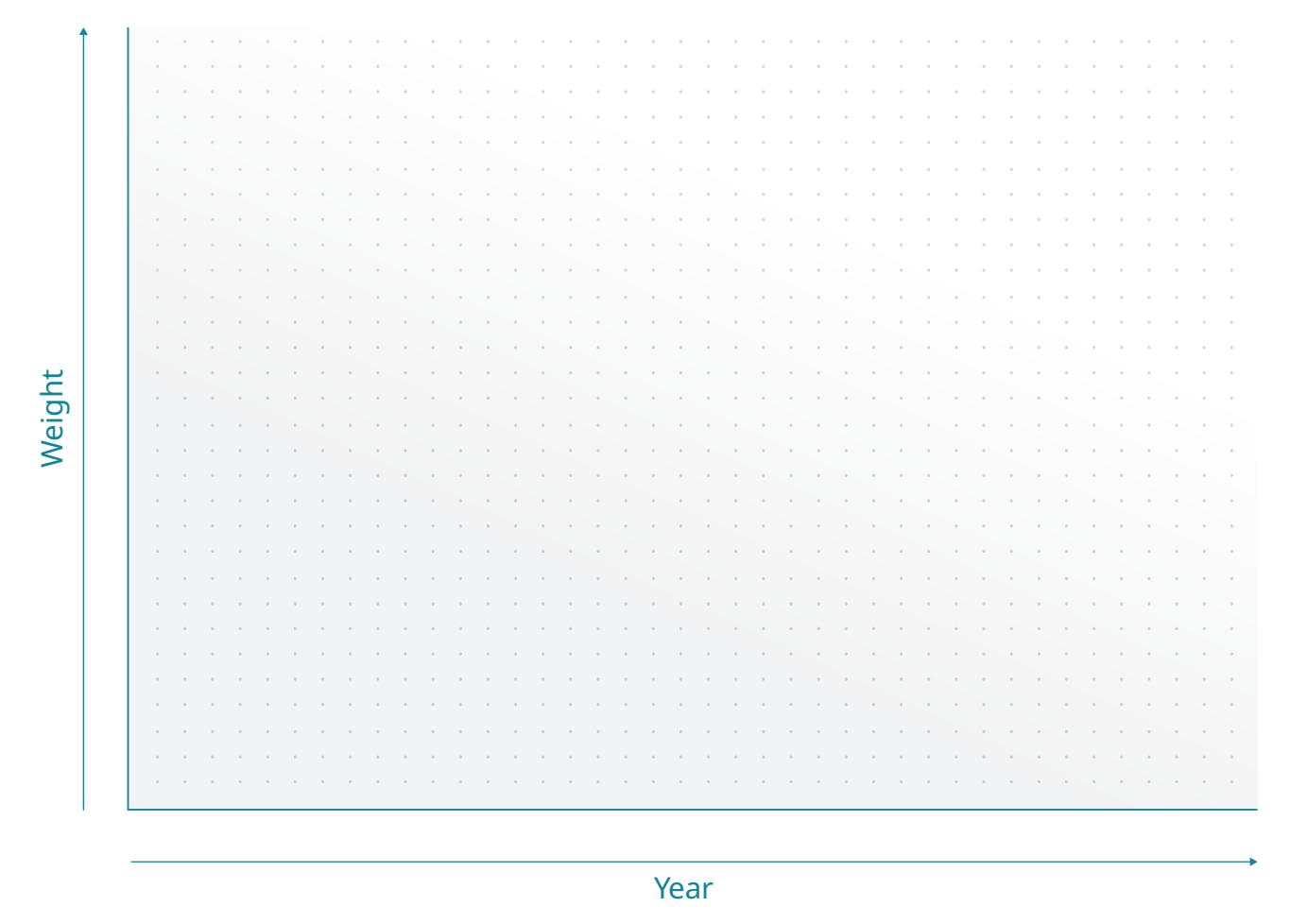


# Let's discuss your story

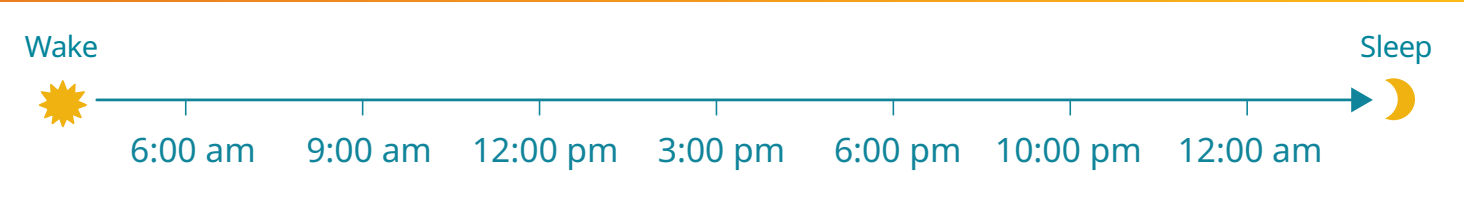
Your story consists of more than just what you eat or how you move. Major life events, changes in overall health, and stress are examples of factors that can lead to weight changes. Let's look at your weight history to help us understand your journey so far.



How has your weight changed over time?  
Draw your weight history using the graph below.



Maintaining a calorie deficit is part of a weight management journey. Are there times of the day when you are more likely to consume extra calories? Identify them on the timeline below.



# Are you ready?

Obesity is a chronic medical disease that requires lifelong treatment. Are you ready to work together with your healthcare team to shift the focus from the number on the scale to healthy behaviours?

How is your weight impacting your health?

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On a scale of 1 to 10,

How important is it for you to address your weight?

Not important



How confident are you in managing your weight?

Not confident



If you don't feel ready to make a behavioural change, why do you think that is?

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If you are uncertain, what are the potential pros and cons of changing behaviours?

Pros (benefits)

Cons (barriers)

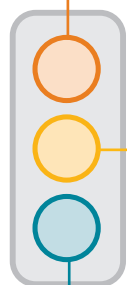
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What are you ready to change to reach your vision of healthy?

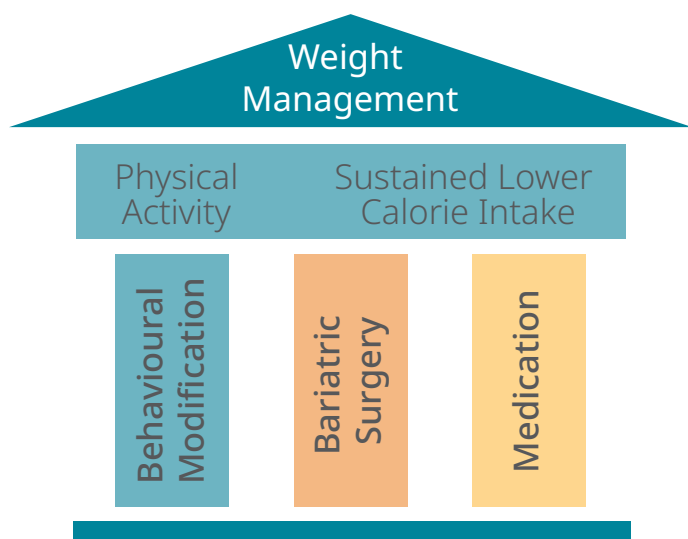
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# What are your treatment options?<sup>1</sup>



## The Pillars of Weight Management

Obesity is a prevalent, complex, progressive, and relapsing chronic disease in which excessive body fat impairs health.

Weight management is built upon 3 pillars in combination with lifestyle changes.

To promote the long-term maintenance of weight loss, your treatment should be individualized to meet your needs and address the common causes of weight re-gain.

## A vision of health looks different for everyone

Successful weight management is not determined by the number on the scale. Use the space below to explore and reflect on how you want your health and wellbeing to change.



Talk to your healthcare provider to learn more and start your Best Weight journey!

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#### References:

1. Wharton S, et al. Obesity in adults: A clinical practice guideline. *CMAJ*. 2020;192(31):E875-E891.