

Accountability

Making sustainable lifestyle changes takes time and consistency. Documenting those changes can help keep you accountable to your goal. Accountability to yourself, your doctor, and your spouse or friend can go a long way in making sure your new healthy habits stick.



Accountability to Self: Write down everything you eat to create more awareness about your eating habits and start incorporating change. Also document your steps and your physical activity minutes. Track your weight graph in a nutrition app or paper graph so you can easily see your weight trajectory over time.



Healthcare Professional Accountability: See your healthcare provider frequently during your weight loss journey so they can help you stay on track, provide treatment options and resources, and help treat health conditions that may impede your progress. Your provider is your health partner. Keep them in the loop and ask for help when you need it!



Accountability Buddy: Ask your spouse or a friend to help keep you accountable to your nutrition and physical activity goals. Find a friend with similar goals and work together to reach them.