



Weight Loss

PLANNER

BY



Supporti



Weight Loss **PLANNER**

My Motivation

REASONS FOR LOSING WEIGHT

WHAT DOES SUCCESS LOOK LIKE?

WHAT DOES SUCCESS FEEL LIKE?

WAYS TO MEASURE PROGRESS

MY SUPPORT SYSTEM



Weight Loss **PLANNER**

Measurable Goals

Measurements

	STARTING	GOAL
Weight		
Clothing Size		
Waist		
Hip		
Arm		
Thigh		

Fitness

	STARTING (1-10)	GOAL (1-10)
Cardiovascular		
Strength		
Flexibility		

Nutrition

	STARTING (1-10)	GOAL (1-10)
Calories		
Nutrients		
Hydration		

Wellness

	STARTING (1-10)	GOAL (1-10)
Stress		
Sleep		
Social		



Weight Loss **PLANNER**

Things I've tried before

<u>ACTION</u>		
WHAT WENT WELL	WHAT DIDN'T GO WELL	WHAT TO TRY NEXT TIME

<u>ACTION</u>		
WHAT WENT WELL	WHAT DIDN'T GO WELL	WHAT TO TRY NEXT TIME

<u>ACTION</u>		
WHAT WENT WELL	WHAT DIDN'T GO WELL	WHAT TO TRY NEXT TIME

Weight Loss **PLANNER**

Behavior Change Brainstorm

EATING

ACTION	FREQUENCY & AMOUNT	IMPACT (1-5)	EFFORT (1-5)
		○○○○○	○○○○○
		○○○○○	○○○○○
		○○○○○	○○○○○
		○○○○○	○○○○○

EXERCISE

ACTION	FREQUENCY & AMOUNT	IMPACT (1-5)	EFFORT (1-5)
		○○○○○	○○○○○
		○○○○○	○○○○○
		○○○○○	○○○○○
		○○○○○	○○○○○

OTHER (STRESS, SLEEP, ETC.)

ACTION	FREQUENCY & AMOUNT	IMPACT (1-5)	EFFORT (1-5)
		○○○○○	○○○○○
		○○○○○	○○○○○
		○○○○○	○○○○○
		○○○○○	○○○○○

Weight Loss **PLANNER**

Behavior Change Matrix



Weight Loss PLANNER

My Weight Loss Plan

I'M LOSING WEIGHT BECAUSE...

ALTHOUGH IN THE PAST I'VE TRIED...

THIS TIME WILL BE DIFFERENT BECAUSE...

I'LL START BY TRYING THESE BEHAVIORAL CHANGES...

AND I WILL MEASURE PROGRESS BY...

