

Name: _____

Why do you want to lose weight: _____

What has been your biggest challenge in the past? _____

Weight loss Goals _____

(Be specific, I.E. I want to lose 40 lb by October of next year which would be 3.3 lbs a month, .76 lbs a week.)

Activity Goals _____

(Once again be specific, I.E. I am exercising 7 days a week, 3 days on M, T, F I am walking for 2 miles before work, on Wed, TH I am going to go to step class at 6:30, on Saturday morning before the kids awake I will ride my recumbent bike for 1 hr, and on Sunday me and my family will walk the neighborhood together before dinner, or some other family activity like play Frisbee or throw the baseball)

Food Goals _____

(I am making healthier meals for my family. I am no longer offering processed foods and unhealthy choices. I am going grocery shopping on Sunday and preparing the meals ahead of time with my son David. I am not making unhealthy quick food decisions anymore because of my preparation.)

	Week 1	Week 2	Week 3	Week 4	Week 5
Date:					
Current Weight:					

	Week 6	Week 7	Week 8	Week 9	Week 10
Date:					
Current Weight:					