Weekly Weight Loss Goal Setting

My long-term weight loss goal is: _______________________________________________________________

NOTE: Most people lose approximately 5-10% of their weight in the beginning of their weight loss process. You may lose more or less than this, but it is usually a realistic long term goal.

I am going to achieve my long-term goal by first achieving these short term goals:

NOTE: Remember to be realistic and specific, and focus on your behavior in the short-term.

1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________
4. __________________________________________________________________________________

NOTE: Choose one or two goals to start with this week, and put a star next to them. Each week, you may want to add a new goal, or revise your current goals as needed.

Weekly goal monitoring: Recognize achievements toward my goal

<table>
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<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>RATE: easy, hard, very difficult</th>
<th>What made this behavior easy or difficult?</th>
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Goal Assessment:
Did I achieve this goal #1 this week?  Yes  No
If yes, how difficult was it? (1 = extremely easy, 10 = extremely difficult)  1 2 3 4 5 6 7 8 9 10
If no, did I do any behaviors to help reach this goal?  Yes  No
What made it easy or difficult to achieve this goal?

Did I achieve this goal #2 this week?  Yes  No
If yes, how difficult was it? (1 = extremely easy, 10 = extremely difficult)  1 2 3 4 5 6 7 8 9 10
If no, did I do any behaviors to help reach this goal?  Yes  No
What made it easy or difficult to achieve this goal?

Did I achieve this goal #3 this week?  Yes  No
If yes, how difficult was it? (1 = extremely easy, 10 = extremely difficult)  1 2 3 4 5 6 7 8 9 10
If no, did I do any behaviors to help reach this goal?  Yes  No
What made it easy or difficult to achieve this goal?

Did I achieve this goal #4 this week?  Yes  No
If yes, how difficult was it? (1 = extremely easy, 10 = extremely difficult)  1 2 3 4 5 6 7 8 9 10
If no, did I do any behaviors to help reach this goal?  Yes  No
What made it easy or difficult to achieve this goal?

NOTE: If you found it easy to achieve any of your goals, congratulations! For the next week, you may want to make that particular goal more challenging OR keep it the same and add an additional goal for this week.

NOTE: If you found a particular goal very difficult to achieve, you may want to reshape your goal in some way. For example, if your goal was to go to the gym four times per week, but you did not go to the gym at all, you may want to choose a different type of exercise that you’ll be more likely to do (e.g. walk for 30 minutes, play tennis, go to a Zumba class). You may also want to change your goal to doing physical activity two times per week, rather than four times at first.