

Why I Want to Lose Weight...

Before you begin your weight loss journey, it is important to spend time reflecting on why YOU want to lose weight. Make sure that these are personal motivators and are not intended to please others.

Reviewing this list frequently will help keep you on track and focused on your personal commitment to take control of your health!

Please list five reasons you want to lose weight:

1. _____
2. _____
3. _____
4. _____
5. _____

Describe the physical benefits you hope to get by losing weight:

Describe the functional benefits you hope to get by losing weight:

Describe the medical benefits you hope to get by losing weight:

Describe the psychological benefits you hope to get by losing weight:

Comments:

How I Plan to Lose Weight...

Goal setting is the “how” of weight loss. Motivators are the “why.” When setting goals, utilize the SMART technique:

SMART	Technique	Example
Specific	Who, what, where, when how...	“I want to lose 10 pounds in two months.”
Measurable	How will you track?	10 pounds in 8 weeks = 1.25 pounds/week
Attainable	Resources you have available, previous experience	“I have been able to do this before, and now I have new tools from my doctor!”
Relevant	Why this goal is important	Review your motivators
Timely	Set benchmarks and deadlines	“Focusing for two-month intervals works for me.”

Please list three goals you would like to achieve during your treatment:

1. _____

2. _____

3. _____