



# Set Your Weight Loss Goals

Writing down your goals will keep you on track. Revise or add to your goals at any time especially as you identify areas you need to improve (most likely when you log your food/activity).



## 1. Start with a weight loss goal:

Start with a goal of 5% to 15% of your current weight. Losing just 5% can improve your health and well-being.

My current weight is \_\_\_\_\_ pounds.

My long-term goal is to lose \_\_\_\_\_% of my current weight, which is equal to \_\_\_\_\_ pounds.

- 15% of current weight = Current weight in pounds x .85 = \_\_\_\_\_ (goal weight in pounds)
- 10% of current weight = Current weight in pounds x .90 = \_\_\_\_\_ (goal weight in pounds)
- 5% of current weight = Current weight in pounds x .95 = \_\_\_\_\_ (goal weight in pounds)

## 2. Identify your calorie intake for weight loss:

My calorie intake for weight loss is \_\_\_\_\_ calories per day.

## 3. Decide on 1 or 2 food and/or beverage changes you will make.

What food and/or beverage changes can you make to take in fewer calories?

\* Write down your food and/or beverage goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

*Example: "I will replace half of my sodas this week with water."*

## 4. Decide on 1 or 2 ways to increase your physical activity level.

What simple and realistic changes can you make to burn more calories throughout your day?

\*Write down your physical activity goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

*Example: "I will take a 30 minute brisk walk after lunch every workday".*

## 5. Weigh yourself once a week.

By weighing yourself once a week, you can track your progress and identify if additional changes need to be made in order to achieve your desired weight loss.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_