

Setting Your Health and Body Goals - Worksheet

If weight loss is your goal, you can track your numbers here:

Date: _____

Weight: _____ Goal Weight: _____

BMI: _____ Goal BMI: _____

BMR: _____

What is your ultimate goal (be specific)?

When do you plan to reach it?

How do you plan to reach this goal?

In order to reach your ultimate goal, what will you do each month?

In order to reach your monthly goal, what will you do each week?

In order to reach your weekly goal, what will you do each day?

What technology, if any, do I need to reach my goals, track my progress and stay motivated?

What other things will you need to help reach your goals (special shoes, clothing, special food containers, journals, etc.)?

How do you currently see your life?

How do you envision your life once you reach your goal?

Books, websites or support groups I plan to use.

What do you love about yourself?

What negatives can you change to positives?

Who can help keep you honest?

What types of things are motivating to me?

What will I do to avoid overwhelm?

In what ways will I celebrate success?

ADDITIONAL THOUGHTS
