

SIX MILES TO SUPPER

Weight Loss Goal Setting Worksheet

In the space below, write out where you are currently with your weight, and where you want to be. As a rough rule of thumb, figure a pound a week if you're currently obese. If you are closer to a normal BMI, $\frac{1}{3}$ of a pound to $\frac{1}{2}$ a pound is probably a better estimate. Remember, you probably won't know how fast you will lose weight until you start to consistently practice your plan for 6-8 weeks. After you've tweaked your plan so that it's working for you, look at the rate you've lost over a 6-8 week period on average. Then revisit this sheet and tweak your timeline if necessary. Remember, this is just a loose timeline. Sometimes life happens, sometimes plateaus happen. Stay patient and stick with it! Use the next page to set goals that you have more control over, so that you can always be making progress, even if the scale is being stubborn. **(It sometimes is!)**

Current Weight: _____

Goal Weight: _____

I want to be at my goal weight because:

Projected achievement date:

Subgoals:

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Additional Goals

In the space provided below, write down some other goals. Make at least one something that you have plenty of control over, to counterbalance frustration with the scale during plateaus. Some ideas might be: exercise goals (I found step goals on my fitbit to be very motivating!), paying off debt, having coffee with a friend once a month, or reading a book a month. Take some time to reflect. What could you do to make your life a little better?

Remember to make these goals SMART: **S**pecific - **M**easurable - **A**ttainable - **R**elevant - **T**imebound

Goal: _____

I want to achieve this goal because:

Deadline for achievement: _____

Subgoals:
