

My weight-loss goal

How much weight do I want to lose?
(Aim for something realistic and achievable)

When do I want to achieve this by?
(Aim to lose no more than 1kg / 2lb each week)

How important is it to me?

Not
Important

Very
Important

1 2 3 4 5 6 7 8 9 10

What steps do I need to take?

What exactly am I going to do?
(How, what, when, where, how often)

What might get in the way?
What can I do about this?

How confident do I feel?

Not
Confident

Very
Confident

1 2 3 4 5 6 7 8 9 10