

A LOOK AT MAKING CHANGES
(Use your 7 day Food/Exercise Diary)

It may be helpful at this point to look at some of your numbers, eating habits and normal activity level.

Your current weight _____

Your BMI (Body Mass Index) _____

What did I learn about my eating habits? (Review Food Diary after 7 days)

What did I learn about my exercise habits? (Review Exercise Diary after 7 days)

For weight loss to be achieved, a slow steady approach is best.

Action Plans—you have come to the point in this program where you can take a critical look at your health habits and determine what kind of changes you want to institute for yourself.

Setting a **LONG TERM** goal is a start.

Where do you want to be in 10 weeks – 3 months – 6 months, etc.?

SHORT TERM goals will be the structure (or actions) you use daily to reach that long term goal. What will you be doing each day – one week at a time to reach that long term goal?