

My Weight Journal



TRUTH ABOUT WEIGHT®
The cycle can be broken

Actor
portrayals

Set yourself up for continued success

Remember that weight management is an investment in yourself and your well-being—one that has benefits now and later. Consider these practical tips to help you focus on your weight-management goals:

Reward your progress

Focusing on the positives may help you build momentum in your weight-management plan. Plan an activity that you look forward to for the next time you accomplish a goal or reach a milestone.

Keep a journal

By tracking your progress, you may recognize a need to change your habits at certain times of the day or year.

Review your goals regularly

You might find that your goals change over time, and that's okay: unrealistic goals might actually discourage your progress.

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Goal sheet

**One thing at a time, one step at a time,
adding up over time**

Goal Setting can be a great way to make lifestyle changes.
Goals should be realistic, sustainable, and measurable.
Work with your health care provider to choose a SMART
goal that's best for you.

A SMART Goal is:

SPECIFIC

MEASURABLE

ATTAINABLE

REALISTIC

TIME-ORIENTED



Actor
portrayal

Goal (be as specific as possible)	<i>I will reduce my fast food intake by half</i>
Details (timeline, where, how)	<i>Fast food trips from 10 a week to 5 and bring food from my meal plan to work</i>
Barriers (anticipate challenges)	<i>Getting prepared for the week's food - food prep.</i>
Steps I will take (how will you address barriers, what can you do to help make this happen)	<i>I will make a grocery list on Friday I will shop on Sunday & prepare my food I will ask my friend at work to stay in to eat</i>
Confidence (if less than 7, reassess your goal or the scale of your goal)	How confident am I that I can reach this goal? <div style="text-align: center;">  0 1 2 3 4 5 6 7 8 9 10 Not at all A Little Somewhat Very Totally </div>

Food, activity, and behavior diary



Mon

Tue

Wed

Thu

Fri

Sat

Sun

FOOD/WATER

Total calories:

1,363

Water intake (ounces):

90

Total calories:

1,391

Water intake (ounces):

100

Total calories:

1,516

Water intake (ounces):

80

Total calories:

1,367

Water intake (ounces):

100

Total calories:

1,511

Water intake (ounces):

90

Total calories:

1,850

Water intake (ounces):

100

Total calories:

1,375

Water intake (ounces):

80

ACTIVITY

Total minutes:

15

Exercise:

walk

Total minutes:

15

Exercise:

walk

Total minutes:

15

Exercise:

walk

Total minutes:

60

Exercise:

Zumba

Total minutes:

15

Exercise:

walk

Total minutes:

40

Exercise:

swim

Total minutes:

60

Exercise:

walk

BEHAVIOR

Were you happy with your choices?
(circle one)



Were you happy with your choices?
(circle one)



Were you happy with your choices?
(circle one)



Were you happy with your choices?
(circle one)



Were you happy with your choices?
(circle one)



Were you happy with your choices?
(circle one)



Were you happy with your choices?
(circle one)



Challenges/Successes:

Walked the track

Challenges/Successes:

Challenges/Successes:

Challenges/Successes:

I did half of what I set out to do

Challenges/Successes:

Challenges/Successes:

Didn't eat breakfast

Challenges/Successes:

Describe your mood today?

Satisfied

How many hours did you sleep?

6

Describe your mood today?

Mellow

How many hours did you sleep?

8

Describe your mood today?

Energetic

How many hours did you sleep?

8

Describe your mood today?

Satisfied

How many hours did you sleep?

6

Describe your mood today?

Content

How many hours did you sleep?

9

Describe your mood today?

Angry

How many hours did you sleep?

7

Describe your mood today?

Happy

How many hours did you sleep?

6

Week 1

Goal (be as specific as possible)	
Details (timeline, where, how)	
Barriers (anticipate challenges)	
Steps I will take (how will you address barriers, what can you do to help make this happen)	
Confidence (if less than 7, reassess your goal or the scale of your goal)	<p>How confident am I that I can reach this goal?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Not at all A Little Somewhat Very Totally</p>

Week 1

Food, activity, and behavior diary



Mon

Tue

Wed

Thu

Fri

Sat

Sun

FOOD/WATER

Total calories:

ACTIVITY

Total minutes:

BEHAVIOR

Were you happy with your choices?
(circle one)

happy neutral could be better

Were you happy with your choices?
(circle one)

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Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes:

Describe your mood today?

How many hours did you sleep?

Week 2

Goal (be as specific as possible)	
Details (timeline, where, how)	
Barriers (anticipate challenges)	
Steps I will take (how will you address barriers, what can you do to help make this happen)	
Confidence (if less than 7, reassess your goal or the scale of your goal)	<p>How confident am I that I can reach this goal?</p> <p>0 Not at all 1 2 A Little 3 4 5 Somewhat 6 7 8 Very 9 10 Totally</p>

Week 2

Food, activity, and behavior diary



Mon

Tue

Wed

Thu

Fri

Sat

Sun

FOOD/WATER

Total calories:

ACTIVITY

Total minutes:

Exercise:

Exercise:

Exercise:

Exercise:

Exercise:

Exercise:

Exercise:

BEHAVIOR

Were you happy with your choices?
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Describe your mood today?

How many hours did you sleep?

Week 3

Goal (be as specific as possible)	
Details (timeline, where, how)	
Barriers (anticipate challenges)	
Steps I will take (how will you address barriers, what can you do to help make this happen)	
Confidence (if less than 7, reassess your goal or the scale of your goal)	<p>How confident am I that I can reach this goal?</p> <p>0 Not at all 1 2 A Little 3 4 5 Somewhat 6 7 8 Very 9 10 Totally</p>

Week 3

Food, activity, and behavior diary



Mon

Tue

Wed

Thu

Fri

Sat

Sun

FOOD/WATER

Total calories:

ACTIVITY

Total minutes:

Exercise:

Exercise:

Exercise:

Exercise:

Exercise:

Exercise:

Exercise:

BEHAVIOR

Were you happy with your choices?
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Describe your mood today?

How many hours did you sleep?

Week 4

Goal (be as specific as possible)	
Details (timeline, where, how)	
Barriers (anticipate challenges)	
Steps I will take (how will you address barriers, what can you do to help make this happen)	
Confidence (if less than 7, reassess your goal or the scale of your goal)	<p>How confident am I that I can reach this goal?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Not at all A Little Somewhat Very Totally</p>

Week 4

Food, activity, and behavior diary



Mon

Tue

Wed

Thu

Fri

Sat

Sun

FOOD/WATER

Total calories:

ACTIVITY

Total minutes:

BEHAVIOR

Were you happy with your choices?
(circle one)

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Were you happy with your choices?
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Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes: Challenges/Successes:

Describe your mood today?

How many hours did you sleep?

Popular apps designed to support weight loss and weight maintenance efforts*

Lose It!

Fooducate

YAZIO

These are some examples. Novo Nordisk does not endorse any representative apps.

* Purchase or fees may apply.

Add your family and friends to your support network

After all, you have a better chance of success if you include friends and family in the activities that make up your weight-management routine.



Be open with your family about your goals. They may want to join you in making lifestyle changes.



Share your progress with loved ones. Celebrating milestones along your journey could help you to strive for success.



Join an online community of people with similar goals to grow your support networks.



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**Sign up for updates from
TruthAboutWeight.com**



Novo Nordisk is committed to your success. That's why we give you resources, including emails with information to keep you up-to-date on cutting-edge weight-loss science and help you start the right kind of conversations with a health care provider.

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