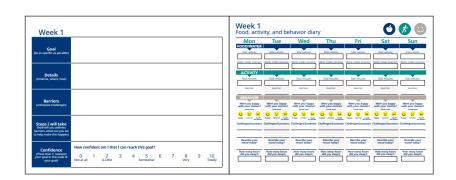
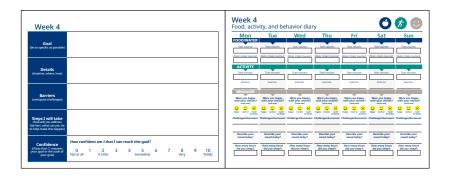
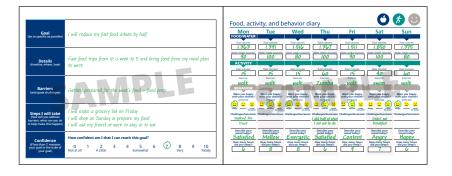
Truth About Weight - My Weight Journal US22OB00525

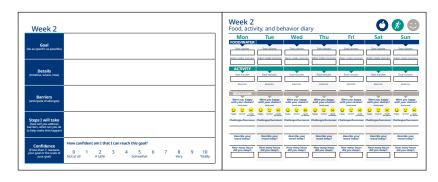
















My Weight Journal



TRUTH ABOUT WEIGHT®
The cycle can be broken

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.

TRUTH ABOUT WEIGHT®
The cycle can be broken



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



Goal (be as specific as possible)	I will reduce my fast food intake by half						
Details (timeline, where, how)	Fast food trips from 10 a week to 5 and bring food from my meal plan to work						
Barriers (anticipate challenges)	Getting prepared for the week's food - food prep.						
Steps I will take (how will you address barriers, what can you do to help make this happen)	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						
Confidence (if less than 7, reassess your goal or the scale of your goal)	How confident am I that I can reach this goal? O 1 2 3 4 5 6 7 8 9 10 Not at all A Little Somewhat Very Totally						

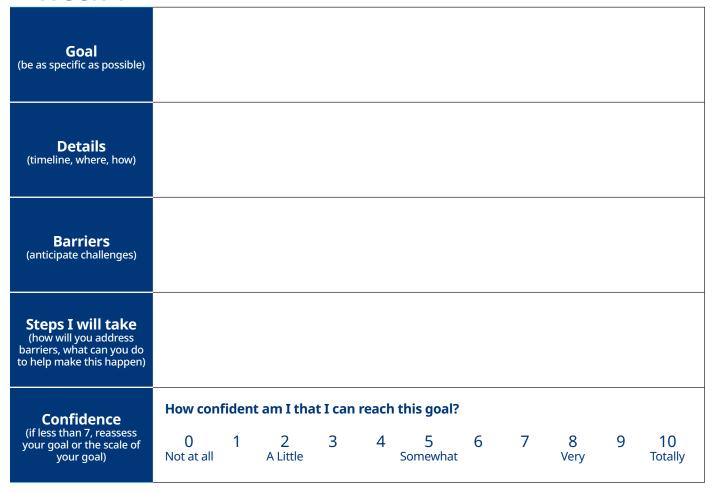
Food, activity, and behavior diary







		200 U			<u> </u>	
<u>Mon</u>	Tue	Wed	<u>Thu</u>	<u>Fri</u>	Sat	Sun
FOOD/WATER						
Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
1,363	1,391	1,516	1,367	1,511	1,850	1,375
Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):
90	100	80	100	90	100	80
ACTIVITY						
Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
15	15	15	60	15	40	60
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
<u>walk</u>	<u>walk</u>	walk	Zumba	walk_	<u>swim</u>	walk
BEHAVIOR						
Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy
with your choices?	with your choices?	with your choices?	with your choices?	with your choices?	with your choices?	with your choices?
happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better
Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:
Walked the			I did half of what		<u>Didn't eat</u>	
track			I set out to do		breakfast	
Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?			
Satisfied	Mellow	Energetic	Satisfied	Content	Anary	Happy
How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)			
6	8	8	6	9	7	6



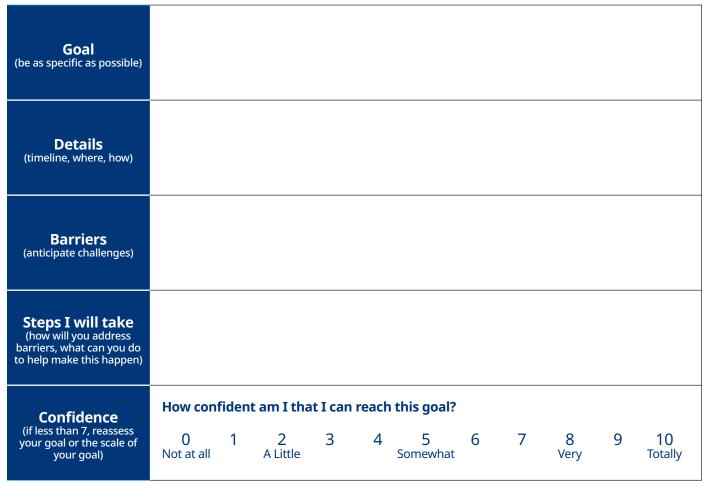
Week 1 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:						
Water intake (ounces):						
ACTIVITY						
Total minutes:						
Exercise:						
BEHAVIOR						
Were you happy						
with your choices?						
(circle one)	(cirle one)	(circle one)	(circle one)	(circle one)	(circle one)	(circle one)
happy neutral could be better						
		Challenges/Successes:				
Describe your						
mood today?						
How many hours						
did you sleep?)						



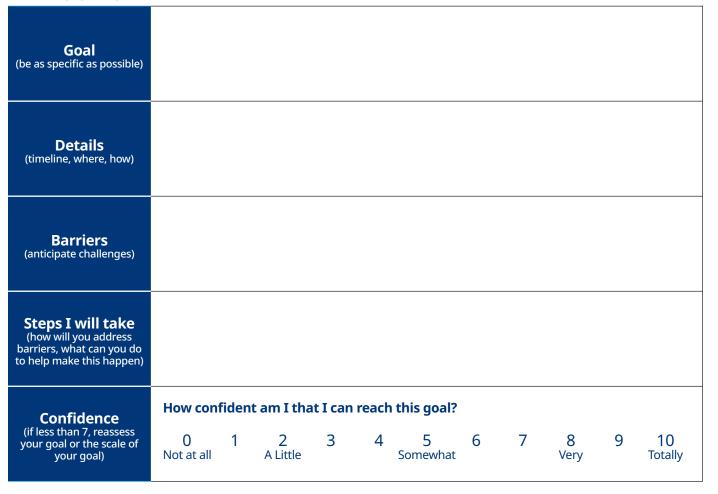
Week 2 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:						
Water intake (ounces):						
ACTIVITY						
Total minutes:						
Exercise:						
BEHAVIOR						
Were you happy						
with your choices?						
(circle one)	(cirle one)	(circle one)	(circle one)	(circle one)	(circle one)	(circle one)
happy neutral could be better						
		Challenges/Successes:				
Describe your						
mood today?						
How many hours						
did you sleep?)						



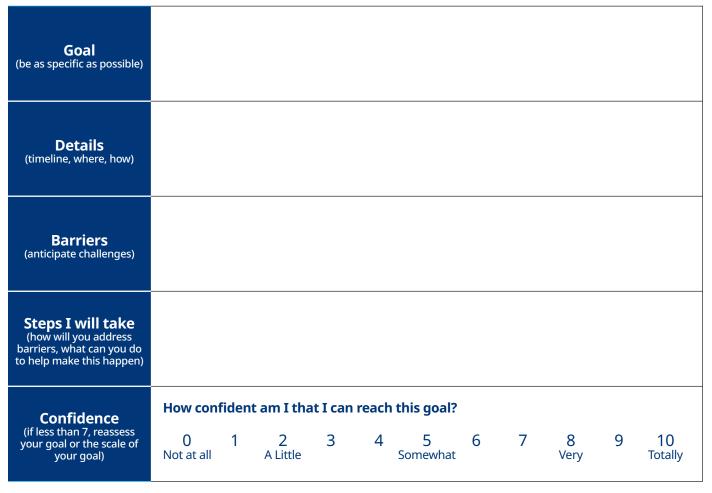
Week 3 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:						
Water intake (ounces):						
vvater intake (ounces).	vvater intake (ounces).	vvater intake (ounces).	vvater irriake (ourices).	water imake (ounces).	Water Irriake (Ourices).	vvater irrtake (ourices).
ACTIVITY						
Total minutes:						
Exercise:						
BEHAVIOR						
Were you happy with your choices?						
happy neutral could be better						
				Challenges/Successes:		
Describe your mood today?						
						oou toudy?
How many hours did you sleep?)						



Week 4 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:						
Water intake (ounces):						
ACTIVITY						
ACTIVITY	T-tal minutes	Taralaniana	Tatalaniantan	Taralaniana	Taral minus	Taralaniantan
Total minutes:						
Exercise:						
BEHAVIOR						
Were you happy with your choices?						
(circle one)	(cirle one)	(circle one)	(circle one)	(circle one)	(circle one)	(circle one)
happy neutral could						
be better Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:
Describe your						
mood today?						
How many hours did you sleep?)	How many hours	How many hours did you sleep?)				
uiu you sieep?)	did you sleep?)	uiu you sieep?)	uiu you sieep?)	ala you sleep?)	uiu you sieep?)	uiu you sieep?)

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.

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.

^{*} Purchase or fees may apply.

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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