

7.75" 15.5"

My Weight Journal

TRUTH ABOUT WEIGHT®
The cycle can be broken

Photo: gettyimages

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

Goal (be as specific as possible)	Food, activity, and behavior diary																														
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Lose It!
Fooducate
YAZIO

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Actor
portrayals

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Actor
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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? 012345678910 Not at allA LittleSomewhatVeryTotally

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) happy neutral could be better Challenges/Successes: Walked the track Describe your mood today? Satisfied How many hours did you sleep? 6	Were you happy with your choices? (circle one) happy neutral could be better Challenges/Successes: Describe your mood today? Mellow How many hours did you sleep? 8	Were you happy with your choices? (circle one) happy neutral could be better Challenges/Successes: Describe your mood today? Energetic How many hours did you sleep? 8	Were you happy with your choices? (circle one) happy neutral could be better Challenges/Successes: I did half of what I set out to do Describe your mood today? Satisfied How many hours did you sleep? 6	Were you happy with your choices? (circle one) happy neutral could be better Challenges/Successes: Describe your mood today? Content How many hours did you sleep? 9	Were you happy with your choices? (circle one) happy neutral could be better Challenges/Successes: Didn't eat breakfast Describe your mood today? Angry How many hours did you sleep? 7	Were you happy with your choices? (circle one) happy neutral could be better Challenges/Successes: Describe your mood today? Happy How many hours did you sleep? 6

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

Lose It!

Fooducate

YAZIO

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* 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.



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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.



Actor
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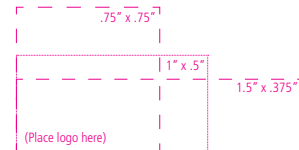
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[https://www.
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