Set Your Weight Loss Goals

Putting your weight loss goals in writing will help keep you on track. Set realistic goals that fit your lifestyle and timeline. Remember, goals are flexible. Once you start logging your food and beverage intake and physical activity, you may want to update or add to your goals. Use this form to establish where you are, where you want to be, and how you are going to get there.

- **Initial body weight**: _____ pounds
  - Record your current weight to serve as a reference point to measure your success.
- **Ideal body weight**: _____ pounds
  - Identify your ideal weight based on age, sex, and height using an online calculator.

  https://www.calculator.net/ideal-weight-calculator.html

  Note: There is no 'best' formula for calculating ideal body weight, so select the one that aligns with your weight loss goals.
- **Goal body weight**: _____ pounds (6 months after completing the Fit For Performance Program – Powered by Performance Triad. Establish a realistic goal weight by averaging a half pound to 2 pounds of weight loss each week over the next several months.

List two food and/or beverage changes.

1. _____

2. _____

Example: "I will replace half of my sodas with water this week."

List one way to increase your physical activity level.

1. _____

Example: "I will add an additional workout of strength training to the week."

List one way to improve your sleep habits.

1. _____

Example: "I will turn off technology at ____ time to go to bed earlier."

List one way to improve my mindfulness.

1. _____

Example: "I will have ."

Weigh yourself once a week or more often.

- Weigh yourself to track your progress and identify any changes that need to be made to help you achieve your goal weight.