

Weight Loss Journal Companion Guide

Current Weight:	Goal Weight:	Pounds to Lose:
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Current Measurements					
Neck:	Chest:	Waist:	Hips:	RT Thigh:	RT Arm:

Things to consider when starting a weight loss program:

- 1) Why do you want to lose weight?
- 2) What weight loss plan do you intend to follow?
- 3) Are you committed to losing weight or only interested in losing weight? What does being “committed” mean to you?
- 4) What behaviors/actions got you in the shape you’re in today?
- 5) What will be your biggest challenge in your weight loss journey?
- 6) How will you reward yourself along your journey?
- 7) What changes do you expect in your life as a result of losing weight?
- 8) Why is weight loss important to you?
- 9) Who will you use as your support system?
- 10) Where will you turn when you need to self-motivate?

Short-term goals:	Long-term goals:
1.	1.
2.	2.
3.	3.
4.	4.

