Activity Goal

Over the next six months, I will get at least 150 minutes of moderate exercise each week.

Weight Goal

Today I weigh _____ pounds.

In the next six months:

I will lose at least _____ percent of my body weight, which is _____ pounds.
This goal should be between 5 and 7 percent of your weight today.

I will reach my goal weight of _____ pounds.

To achieve my goals, I will take the following actions:

Remember, these actions should be realistic, doable, specific, flexible, focused on behaviors and enjoyable.

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________
6. ____________________________________________________________
7. ____________________________________________________________
8. ____________________________________________________________
9. ____________________________________________________________
10. ____________________________________________________________