

# My weight-loss planner

Use this planner to set weight-loss goals and track your progress. By putting a plan in place and noting down your progress, you'll be able to see the positive changes you're making. This can help you to stay motivated, lose weight and achieve your goals.



## How could I benefit from losing weight?

Think about three personal reasons for losing weight and write them down. Try to think of both short-term benefits like 'I want to reduce my blood sugar levels' as well as longer-term benefits like 'I want to set an example for my family so they can live more healthily too'.

- 1 .....
- 2 .....
- 3 .....

## Your future goal

The future can seem a long way off. But thinking about a long-term goal can help you plan how to reach it. Think about what you'd like to achieve and how you'd like to feel in a few months' time. Use your three reasons to write your future goal. Make your goal specific, measurable, achievable, realistic and timely (SMART for short).

### Here's an example:

- I want to lose 5kg weight so I can reduce my HbA1c levels and fit into my new dress for my daughter's wedding in six months' time.

My goal:



## How to reach your future goal

Now you've thought about your long-term goal, it helps to break this down into more manageable chunks and include the steps you need to take. Try to make these activities as achievable and specific as possible.

### Here are some examples:

- On Mondays, I will write down a plan for healthy evening meals for the rest of the week.
- I will reduce my takeaways from weekly to once a month.
- I will use a pedometer to track my steps and walk 10,000 steps a day. I'll increase my steps by taking a 30-minute walk every lunchtime.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

# My action plan

Some people find it useful to make an action plan to help achieve their goals. One way to do this is to think about the action you will take when faced with different situations. Try using 'if... then...' statements to plan ahead. This can also be helpful for planning when things don't go according to plan.



## Here are some examples:

- **If** I haven't had my five portions of fruit and vegetables, **then** I will add a portion of vegetables to my dinner.
- **If** I'm late home from work and don't have time to cook dinner, **then** I will pick up a bag of salad and plain piece of cooked meat or some tofu from the supermarket for an easy healthy dinner.
- **If** I eat an unhealthy snack that I didn't plan to eat, **then** I will not beat myself up about it and choose healthier snacks for tomorrow instead.
- **If** I wake up early, **then** I will go for a 10-minute walk before work.

1

2

3

4

5

# My tracker

This is where to make a note of what you're eating each day and how you've moved more. Thinking about how you might feel if you achieve your goals for the week will help you stay motivated. And it's okay to feel upset or frustrated as you move through the week – trying to lose weight isn't easy. Try using this diary for about 12 weeks because it can take some time to change habits.

Week number ..... Date ..... / ..... / .....

My goals this week are:

1 .....

2 .....

**If I reach my goals, I will reward myself with a non-food reward:**

.....

	Breakfast	Lunch	Dinner	Snacks	Activity
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					

What went well this week?

My weight

What was challenging and what can I do differently next week?

Waist measurement