

Goal Setting for Weight Management

Identify your short-term goals and long-term goals and write them on the lines below.
Share your goals and your progress with your health care professional at each follow-up appointment.

What I want to achieve:

Short-term goal(s): _____

Long-term goal(s): _____

How I will achieve my goal(s):

1. _____

2. _____

3. _____

My reward: _____

My support: _____

When I will aim to reach my goal(s):

I will aim to reach my short-term goal(s) by this date: _____

I will aim to reach my long-term goal(s) by this date: _____

Follow-up

Date of next visit(s): _____

My own notes:
