My Weight-Management Plan

Obesity is a disease that can become more severe over time. Even with the help of a prescription treatment for chronic weight management, a successful, long-term plan includes healthy eating, increased physical activity, and behavior changes that fit your lifestyle. Please use the following ideas as a guide for discussing your weight-management plan with your health care professional.

What I can do today

- ☐ Understand the body's natural reaction to weight loss
- ☐ Discuss how weight-related health conditions may affect me
- ☐ Fill my prescription

My areas of focus

Healthy eating

Start with a change that you feel ready to make. Then, consider what else you can work into your routine.

Getting started

- ☐ Eat 3 meals a day, including breakfast
- ☐ Drink 8 glasses of water a day
- ☐ Reduce portions
- ☐ Increase protein
- ☐ Increase fiber
- ☐ Reduce sugar
- ☐ Reduce sodium
- ☐ Reduce carbohydrates
- ☐ Limit saturated and trans fats

Going a step further

- ☐ Find a healthy go-to snack that is low in carbs, sugar, and fat
- ☐ Increase servings of fruit
- ☐ Increase servings of vegetables
- ☐ Reduce soda
- ☐ Limit processed foods
- ☐ Consult a dietitian about _____

Daily goal: _____ calories

Notes

Physical activity

Find an activity you will enjoy. To start, aim to be active at least 5 days a week for 30 minutes each day.

Getting started

- ☐ Walk briskly
- ☐ Bike
- ☐ Swim
- ☐ Dance
- ☐ Hike
- ☐ Play golf
- ☐ Do yoga or pilates
- ☐ Lift weights
- ☐ Do housework or yardwork
- ☐ Other _____

Going a step further

- ☐ Add new activity goals to your plan over time

Notes

Behavior and mindset

Certain behaviors and the way you think can play a role in your weight management.

- ☐ Keep a food journal
- ☐ Keep an activity journal
- ☐ Identify triggers that lead to emotional eating
- ☐ Identify challenging social eating situations
- ☐ Learn about eating mindfully
- ☐ Prepare for how to handle setbacks
- ☐ Get a full night's sleep (7-8 hours)
- ☐ Focus on small changes like _____

Notes

For more helpful information on healthy eating, visit
http://www.yourweightmatters.org/category/nutrition/

For additional physical activity suggestions, visit
http://www.cdc.gov/healthyweight/physical_activity/index.html

OAC
Obesity Action Coalition

Setting Realistic Goals

Realistic goals for weight management may help you set your expectations and identify ways to track your progress. Here are a few tips for developing realistic goals.

- Keep in mind that, on average, you may lose 1 to 2 pounds per week
- Start slowly with an activity you enjoy, and make it a habit
- Ask a family member or friend to get active with you
- Work with members of your household to choose healthy foods
- Recognize your progress, and remember that each day is a new day
- Prepare meals in advance and schedule time to make physical activity a part of your daily routine
- Stay on track, even when you feel like you're not making progress
- **Monitor your progress. People who monitor progress lose more weight than those who don't**

What I can do next

Your long-term plan for weight management should include realistic short- and long-term goals that you should discuss with your health care professional.

Month 1

For example: *Build a routine.*

Months 2-5

For example: *Continue to take my medicine as prescribed, assess healthy eating and physical activity progress, and consider additional changes.*

Months 6-12

For example: *Continue to take my medicine as prescribed and set goals that plan ahead for potentially challenging situations, like the holidays.*

Year 1+

For example: *Discuss weight maintenance and new goals for moving forward with a health care professional.*

Additional notes

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