My Weight Loss Plan

Congratulations! You are about to start on a weight loss path. To succeed at losing weight, it is best to have a plan that is realistic, specific, and measurable. With your health care provider, answer the six questions below. Keep this with you and read it often.

1. Why is it important for you to lose weight? How will you, your family, and your community benefit? List the top three reasons. Try to list positive benefits:
   1. 
   2. 
   3. 

2. How many total pounds will you lose to achieve the above benefits?
   I will lose ___________ total pounds.

3. How many pounds will you lose in 1 month, in 6 months, in 1 year?
   I will lose ___________ pounds by ________________ (in 1 month).
   I will lose ___________ pounds by ________________ (in 6 months).
   I will lose ___________ pounds by ________________ (in 1 year).

4. How will you reach your 1-month weight loss goal? Write down 3 specific steps. (Steps could be: walk 30 minutes on 5 days a week; drink water instead of pop; pack lunch with 1 fruit and 1 vegetable):
   1. 
   2. 
   3. 

5. How will you measure and track your weight loss progress? (Ways to measure could be: weigh self once a week; notice when pants are loose; notice when energy increases. Ways to track could be: write on calendar; write in journal; tell health care staff):
   Ways to measure               Ways to track
   1. 
   2. 
   3. 

6. Who will support you and how? (Who could be: daughter; friend; weight loss class. How could be: walk together 2 times a week; call when feeling down; go to class 1 time a week):
   Who will support               How they will support
   1. 
   2. 
   3. 

Produced by IHS Division of Diabetes Treatment and Prevention, 2013. To print more My Weight Loss Plans, go to www.diabetes.ihs.gov and search My Weight Loss Plan in the upper right corner of web page.