

# 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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_