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:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________