

**My Personal Plan**

Date:

Weight:

Height:

Body Mass Index:

Waist measurement:

Body fat percentage (if determined):

10% loss weight goal (e.g. if your current weight is 100kg, 10% is 10kg, so 10% loss weight goal is 90kg/14st 3lb):

My smaller weight targets on the way to achieving my 10% goal will be:

Reasons why I want to lose weight:

The changes I will make to help me lose weight.

Diet:

Activity:

Potential pitfalls or barriers will be:

Ways I will overcome these:

My supporters will be:

I will monitor my progress by:

I will reward my progress with:

In the short term -

In the long term -