

WEIGHT LOSS SUCCESS PLANNER

(To be kept in a highly visible place to be seen daily-copy as required)

Week start date: _____

My long-term goal:

I WILL lose _____ kg by the _____ of _____, 2006.

This week's mini goal:

I WILL lose _____ kg in the next 7 days.

Fill in the planner below with what you will eat and when you will exercise this week:

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Morning Tea							
Lunch							
Afternoon tea							
Dinner							
Snack							
Exercise							

Support and accountability structures I will use:

- | | |
|-----------|-----------|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |