

So..., You're Thinking About It!

You have indicated that you are considering trying to lose weight in the near future. Great! This is a step in the right direction.

Perhaps you are thinking about making this effort because you realize that your weight:

- Is affecting your health.
- Is getting in the way of things you want to do.
- Is getting in the way of the person you want to be.
- Is getting in the way of how you want to feel about yourself.



You may not have made up your mind yet. That's OK. Move forward only when you feel ready. To help you make this decision, it is a good idea to seriously **examine the plusses and the minuses** of making changes to lose weight. It really does help to **actually write them down**. Then you can look at the good and the not-so-good parts of making changes to lose weight. Use this sheet to write down your plusses and minuses.

Plusses for Making Changes
to Lose Weight

- 1.
- 2.
- 3.
- 4.
- 5.

Minuses for Making Changes
to Lose Weight

- 1.
- 2.
- 3.
- 4.
- 5.

