

# Set Your Weight Loss Goals

Writing down your goals will keep you on track. Revise or add to your goals at any time. Start by setting a long-term weight loss goal. Next, set a goal for how much you wish to lose each week. **Losing anywhere from ½ pound to 2 pounds per week is safe.** Then, figure out how long you will give yourself to reach your long-term goal. Weigh yourself daily (or at least weekly) to track your progress.



## 1. Set your weight loss goal to improve your health.

Start with a goal of 5% to 10% of your current weight. Losing just 5% can improve your health.

**I currently weigh \_\_\_\_\_ pounds.**

**My long-term goal is to lose \_\_\_\_\_ % of my current weight, which is equal to \_\_\_\_\_ pounds.**

**Losing \_\_\_\_\_ (½ to 2) pound/s per week, I want to reach my long term goal by \_\_\_\_\_ (date).**

**Example:** If you weigh 250 pounds, your goal might be to lose 10%, which is 25 pounds. 5% is 12.5 pounds. It is very important to choose a goal you are confident you can reach. You can always reset your goals after you reach them.

## SMART Goals

To achieve your long-term weight loss goal, create an action plan to decrease calories and increase physical activity. Here are some tips:

- Goals are a road map to help us succeed. They give us a clear idea of where we want to be and how to get there.
- SMART goals are especially useful.

### **SMART stands for:**

**Specific:** There are specific actions to take to reach the goal.

**Measurable:** You know how much to do and when the goal has been achieved.

**Action-oriented:** You need to take action to achieve your goal(s).

**Realistic:** The goal is practical, given your resources and time.

**Time-based:** There is a specific time frame to achieve the goal.

**Example:** “I will walk up the stairs (*Specific, Realistic, and Action-oriented*), once daily (*Measurable*) for the next month (*Time-based*).”

### **2. Set SMART goals to decrease calories in your diet.**

What can you do to eat or drink fewer calories?

**Example:** “I will have low-fat milk with my cereal every day this week.”

“I will drink no more than three cans of sweetened soda per week.”

#### **Write them down:**

Goal one: \_\_\_\_\_  
\_\_\_\_\_

Goal two: \_\_\_\_\_  
\_\_\_\_\_

### **3. Set SMART goals to increase your physical activity.**

As your fitness improves, set new goals.

**Examples:** “Every day this week I will walk briskly for at least 15 minutes.”

“I will take the stairs up to my office at least once each day that I am at work.”

#### **Write them down:**

Goal one: \_\_\_\_\_  
\_\_\_\_\_

Goal two: \_\_\_\_\_  
\_\_\_\_\_