

## So, You're Thinking About It!

**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.
- Getting in the way of things you want to do.
- Getting in the way of the person you want to be.
- 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 advantages and disadvantages** of making changes to lose weight. It helps to **write them on paper**. Then, you can review the pros and cons of making the decision to lose weight. Use this list:

### Reason(s) to lose weight

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Concern(s) about losing weight

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_