

Weight Management Mini-Plan

I _____ want to be lose weight and maintain the weight loss I achieve.

My aim is to improve my general health and well being by gaining the benefits of weight loss.

Today & tomorrow I will make small changes e.g. walk briskly for 10 minutes after work.

1. _____
2. _____
3. _____

Every day next week and for the rest of the month of _____ I will make bigger changes: e.g. eat regular meals

1. _____
2. _____
3. _____

At the end of the month if I have stayed with the plan I will reward myself by..... e.g. new outfit , spa day etc

Things I will do to help me stay with my Active Living Plan for life: e.g. keep a food and activity diary

1. _____
2. _____
3. _____

Signed..... Date..

Witnessed

