



GOALS & SUCCESSES

Use this to help you identify healthy weight goals and your personal measures of success. These are just examples and you can create your own goals and success measures.

EXAMPLES OF HEALTHY WEIGHT GOALS:

- Walk 5 times per week for 20 minutes.
- Drink 64 – 80 oz. of water daily.
- Eat more fruits and vegetables.
- Plan healthier dinners.
- Strength train 2-3 times per week.
- Join an exercise class.
- Journal what I eat.
- Pay attention to serving size.
- Dine out less often.
- Start a mindfulness practice (meditation, set intentions, breathing exercises, etc.)
- Seek the help of a life/health coach, dietitian or fitness professional.
- Spend less hours on social media.
- Get 7-8 hours of sleep each night.
- Take stretch breaks at work.
- Make time for exercise before/after work for 30 minutes.

EXAMPLES OF PERSONAL MEASURES OF SUCCESS:

Just because your scale weight hasn't changed doesn't mean you aren't making progress. These measures of success are ways for you to personally assess your progress towards your weight and overall health goals.

- My clothes fit looser.
- I feel more confident in my appearance.
- I've consistently kept a set action item towards my weight goal.
- I have more energy.
- My mental health has improved.
- I can walk longer without getting winded or I can run a farther distance.
- I feel better.
- I've lost/maintained/gained weight.
- My body composition has changed (body fat, hip/waist measurements).
- I took a before and after picture and am seeing improvements in how I see myself.
- My hair and skin look healthier and I look younger (eating healthy and exercising has that affect).
- Set a benchmark test for yourself and track progress. (Examples: beginning of challenge I can run for 5 minutes without walking, after 3 weeks I can run 7 minutes without walking; beginning of challenge I can do 2 pushups, after 3 weeks I can do 10, etc.)
- Assign a person in your life to be your check point buddy who can give you honest feedback on how you are doing and offer support. Check point person has positive feedback.
- My sleeping patterns have improved (weight loss, good nutrition, exercise on a regular basis helps with sleep habits).
- I improved/make progress at the gym – increase reps or sets etc.
- Feel stronger, I see more definition in my muscles.
- Doing everyday activities and chores are easier for me.
- Physical and mental signs of stress have decreased.