

My Reasons to Reach a Healthy Weight

Activity One – Identify your priorities.

List your top life priorities in order of importance (for example, work, family, health, social activity).

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

Think about how reaching and maintaining a healthy weight fits in with and impacts your life priorities.

Activity Two – Identify your motivation.

List the reasons you want to reach and maintain a healthy weight.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

List your most important reason for reaching and maintaining a healthy weight.

To stay motivated and on track with your goals, post your most important reason where you can see it often.

Activity Three – Determine how ready you are to reach and maintain a healthy weight.

- I am weighing the pros and cons, and thinking about making changes in the next six months.
- I am preparing to make healthy changes within the next month.
- I am making healthy changes now.
- I have reached my target weight and am working on maintaining my healthy lifestyle changes.