

Weight Management Class: Week 1

Topic: _____ Weight: _____

Notes: _____

Goal for the next 6 Weeks (Challenging yet Reachable, Specific and Measurable, Under Your Control):

What change am I going to make this week: Small specific step towards your goal

Weight Management Class: Week 2

Topic: _____ Weight: _____

Notes: _____

What did I learn? _____

What change am I going to make this week: Small specific step towards your goal

Weight Management Class: Week 3

Topic: _____ Weight: _____

Notes: _____

What did I learn? _____

What change am I going to make this week: Small specific step towards your goal

Weight Management Class: Week 4

Topic: _____ Weight: _____

Notes: _____

What did I learn? _____

What change am I going to make this week: Small specific step towards your goal

Weight Management Class: Week 5

Topic: _____ Weight: _____

Notes: _____

What did I learn? _____

What change am I going to make this week: Small specific step towards your goal

Weight Management Class: Week 6

Topic: _____ Weight: _____

Notes: _____

What did I learn? _____

What change am I going to make this week: Small specific step towards your goal
