MY WEIGHT LOSS GOAL SETTING WORKSHEET

Date: ____________________
My Weight: ________________
My BMI: _________________
My Waist Size: ____________

MY LONG TERM WEIGHT LOSS GOAL:
For my height, a weight of ________ will put me within a healthy BMI range. I need to lose _________ pounds.

MY STARTING GOAL:
In order to lose 10% of my weight, I will need to lose _____ pounds.

MY MAINTENANCE NUMBER:
My weight _________ pounds X 12 = _________ calories/day.

MY CALORIE GOAL:
_______ Weight Maintenance Number
_______ Subtract 500 or 1,000 calories
_______ Equals Calories Per Day

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