

New Year Weight Loss Resolution

GUIDELINES

- Make Goal Specific
- Set End Date
- Make "I" Statements
- Set Realistic Goals

A Resolution is a firm decision to do or not to do something; a goal or promise to oneself

LIST 1-3 WEIGHT LOSS GOALS

1

2

3

END DATES FOR EACH GOAL

1

2

3

WHAT ARE YOUR BARRIERS?

HOW WILL YOU OVERCOME

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WHO WILL KEEP YOU ACCOUNTABLE?

WHAT WILL YOU SACRIFICE FOR
EACH GOAL

HOW WILL YOU MAINTAIN

WHAT DID YOU LEARN