

Make a Plan Worksheet

#1. Know your plan.

Anyone can set a weight-loss goal, but to be successful, you must have a strong enough reason to lose the weight.

Why do you want to lose weight?

#2. Set a small daily and weekly goal

To accomplish your weight loss goal you should set a daily goal. Then set a weekly goal. Do not be afraid to adjust these.

What is your daily goal?

Example: My goal is to work out 3 times a week.

What is your weekly goal?

Example: My weekly goal is to lose two pounds per week.



#3 Determine your action plan

Ask yourself how will you accomplish these goals? Come up with three actions to take for each goal.

Example

1. *I will walk around my truck 10 times while fueling at any truck stop.*
2. *I will drink water instead of soda and fruit juice.*
3. *I will replace fried food with grilled or baked food.*

#4 Visually post your goals and actions

You should use daily reminders to keep you on track of your goals. For example, can use notes or calendar notifications to remind you of your goals. What is your plan for how you will be reminded daily of what you are working to achieve?



#5 Track your progress

Come up with a plan to track your progress. How will you track your progress?

Expect to have setbacks

When it comes to losing weight, you can expect to hit some roadblocks along the way. These roadblocks are normal and are called weight-loss plateaus. Our bodies are very smart and adapt quickly to change. In order to continue to lose weight, you must outsmart your body. This can be done in several ways:

1. Increase the amount of time you exercise each day.
2. Decrease your current caloric intake but be sure not to go below 1,200 calories per day. If you go too low with your calories, your body will go into starvation mode and actually hang on to body fat.
3. Increase the intensity of your exercise.
4. Add resistance training to your current exercise routine.
5. Change your routine every 4–6 weeks to break through any plateaus that you hit.
6. I will add 10 minutes of resistance-band training when I stop for the night.

What will you do if you have any setbacks? Who can help you stay accountable? Who will be your support?

