Plan Your Goals for This Week- Weight Loss, Weight Maintenance or Weight Gain

Find your tipping point. What amount of treats, wine, and eating out can you sustain and keep your weight in check?

Section A

Track your weight for 2-3 weeks while tracking the three big factors that will contribute to weight change over the holidays, vacation or any week of the year. Know your numbers for weight loss, weight maintenance and weight gain.

1. **Treat- anything that is not a food provided by nature (whole food)- candy, chips, popcorn, sweets, coffee drinks, cookies, brownies, (tip sugar is one of the first 5 ingredients)**
1. **Track the amount of alcohol based drinks you have each week**
2. **Track the amounts of meals you eat away from home that are for enjoyment or indulgent.**

Starting weight _____ Ending Weight_____

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
treat								
alcohol								
Meals out								

Starting weight _____ Ending weight _____

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
treat								
alcohol								
Meals out								

Starting weight _____ Ending Weight_____

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
treat								
alcohol								
Meals out								

Section B

Based on what you found over the last 2-3 weeks what is your tolerance for these 3 categories vs. outcome?

Factors that will lead to my goal	Weight loss	Weight maintenance	Weight gain
Treats			
alcohol			
Eating out			

Section C

Let's use what you learned to set you up for success weekly.

Pre- think the week coming up. What does it look like? What will you be doing socially what is your honest expectation? Do your treat, alcohol and eating out practices match the goal?

My goal this week is _____
Which means I will need to keep my treats to ___,
Alcoholic drinks _____
Eating out for enjoyment to _____

Track what you do each day this week and see if your choices match you original goal.

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
treat								
alcohol								
Meals out								

My goal was _____.

I tracked all week and the outcome was _____.

If I had to do this week over again what would I have changed?
_____

Why?_____

Next week how can I make a more accurate prediction? _____