

WEIGHT LOSS SELF-REFLECTION WORKSHEET

EMPOWER
HUMANS

1

**What is my
ideal weight?**

(Speak with your
doctor or nutritionist)

2

**What activities
& exercises will I
do to get myself
into shape?**

3

**What healthy
foods do I need
to incorporate
into my diet?**

4

**What junk foods
do I need to
eliminate from
my diet?**

5

**Who will I call
to support me
and keep me
accountable?**