Chart your weight history

People gain weight differently over time. Please chart your history with weight changes and the life events and diet attempts that were related to those changes.

Longer Commute

Children New Job

Fad Diet

College

WEIGHT

YEAR

**WEIGHT**

**YEAR**

When are you most at risk of overeating?

Where in the timeline do you consider yourself to be more at risk of eating extra calories or the wrong type of calories?

WAKE LUNCH SLEEP

Setting goals

What does “healthy” look like for you?

A vision of healthy looks different for everyone.

Maybe it is to be able to get around more easily, to enjoy a more active lifestyle,

or maybe it is to feel better and have more energy. Find a vision of healthy that is meaningful to you.

My healthy self is…

*What’s going well?*

*What am I ready to change to reach my vision of healthy?*

*My one month* ***non-scale*** *goals are…*

*What’s getting in my way?*