

WEEKLY PLAN

Date _____

My weight loss goal this week is lbs

This week if I make a mistake I will ...

What obstacles do I anticipate running into this week?

What strategies will help me feel prepared this week?

What are 2 things I can practice this week to improve my hunger connection (hunger + enough)?

WEEKLY EVALUATION

Date _____

Weekly weigh in: lbs

Lost/Gained/Maintained: lbs

What is my first thought after seeing my weigh-in? Is it helpful? If not, what else could I think instead?

Why do I deserve to keep going no matter what?

What worked well this week?

What is one thing I can do to make next week easier?