

My Self-Management Goal for a Healthy Weight



Walk briskly every day



Get off the subway or bus one stop early



Eat smaller portions



Take the stairs instead of the elevator/escalator



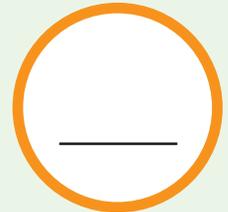
Choose water



Eat fruit as your snack



Order the smaller size



Other

One way I want to improve my health is (For example, eat smaller portions):

My goal for this week is (For example, eat one slice of pizza instead of two slices twice this week):

When I will do it (For example, lunch time):

Where I will do it (For example, at a restaurant):

How often I will do it (For example, Monday and Thursday):

What might get in the way of my plan (For example, one slice of pizza is not filling):

What I can do about it (For example, have salad with it):

How confident am I that I can reach this goal? Circle one (Note: Continue working on confidence in reaching goal until at least an 8.)

| | | | | | | | | | | |
|------------|---|----------|---|---|-------|---|---|-----------|---|-------------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all | | A little | | | 50/50 | | | Very sure | | Totally confident |

Follow-up plan (how and when): _____

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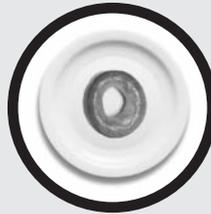
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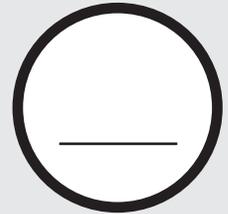
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