

Weight-Loss Plan

Name: _____ Date: _____

Experts say you're much more likely to stick to a weight-loss plan if you put it in writing. One good way to do this is to make a contract with yourself. Just print out this page and fill in as many of the blanks as you like. Then post your plan on your refrigerator or bulletin board so you can look at it every day for inspiration.

My current weight: _____ **My ideal weight range:** _____ [Calculate](#)

My goal: _____

- Keep it reasonable. One to two pounds per week is safe and manageable.
- Pick something you can measure. Aim for a specific goal by a certain date.
- Get the go-ahead from your doctor. If you haven't exercised in a while or have any health concerns, please discuss your plans with your doctor before you start.

Major milestones: _____

- If you're planning to lose more than 20 pounds, smaller goals may keep you from feeling overwhelmed.
- Treat yourself along the way. For example, for every five pounds you lose, put \$20 in a jar for a day at the spa or night at the theater. You'll feel like you're making progress.

My Nutrition Guide [Calculate](#)

Total calories	Fat calories	Saturated fat	Protein	Carbohydrate	Sugar	Fiber

I'm making [meal plans](#) yes no I'm keeping a [food diary](#) yes no

- The basic numbers: Cut down your daily calories by 500 or calculate what you need. Try to get no more than 30 percent of your calories from fat, and no more than 10 percent from sugars. Aim for about 10 to 20 percent from protein, and 20 to 35 grams of fiber.
- Work in lots of color. Base your meals on vegetables and beans and your desserts and snacks on fruit – you'll fill up faster, and get more fiber, vitamins, and minerals that way.
- Drink plenty of water. Soda, juices, and milky drinks have lots of sneaky calories, so stick with water for meals. Fruity drinks are fine if you count them as a significant part of a meal, but try to cut down on soda.
- Enjoy everything – in moderation. If you love chocolate or cookies, you don't have to give them up entirely – just remember they're special treats. Savor small amounts of the good stuff.

My Fitness Schedule

	Time	Activity	Place	Time	Activity	Place
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

I'm keeping a [fitness diary](#) yes no

Total weekly hours of exercises: _____ **Calories this will burn per week:** _____ [Calculate](#)

- Start slowly and work up. You might start out by walking and move up to running when you're ready. Starting with a rigorous two-hour spin class is difficult, discouraging – and could be dangerous.
- Keep it regular. Schedule regular days and times work out, and take it seriously, like a job. You'll start to see results after a few weeks of exercising consistently.
- Consider your personality and lifestyle. If you get bored easily, join a dance class or rock climbing gym instead of running. If you have kids, take them for a hike instead of watching a movie together.

My inspiration: _____

Everyone stumbles. Missing a few days or weeks doesn't mean you have to give up. When you feel discouraged, thinking of a personal hero or reading something inspirational you can help you regain your resolve.

My partner: _____

Involve someone else. You're likelier to stick to your schedule if you have a partner. If you can't find a friend who'll go to the gym with you regularly, at least have someone check in with you every week.

Signature: _____