

MY WEIGHT LOSS GOAL SETTING WORKSHEET

Date: _____

My Weight: _____

My BMI: _____

My Waist Size: _____

MY LONG TERM WEIGHT LOSS GOAL:

For my height, a weight of _____ will put me within a healthy BMI range. I need to lose _____ pounds.

MY STARTING GOAL:

In order to lose 10% of my weight, I will need to lose _____ pounds.

MY MAINTENANCE NUMBER:

My weight _____ pounds X 12 = _____ calories/day

MY CALORIE GOAL:

_____ Weight Maintenance Number

_____ Subtract 500 or 1,000 calories

_____ Equals Calories Per Day

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Brought down The Strong Man Diet by Dr. Jean Florschütz, former author of Eat to Live (The Crownpoint Press, 2007)