

GAME PLAN WORKSHEET

Write down three specific goals that will help you accomplish your big-picture goal of losing weight. Then, for each, come up with two game-plan strategies for getting there.

SPECIFIC GOAL:

STRATEGY 1:

STRATEGY 2:

SPECIFIC GOAL:

STRATEGY 1:

STRATEGY 2:

SPECIFIC GOAL:

STRATEGY 1:

STRATEGY 2:
