

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 will need to lose _____ pounds.

MY STARTING GOAL

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

MY WEIGHT-MAINTENANCE NUMBER

My weight _____ pounds x 12 = _____ calories/day

MY DAILY CALORIE GOAL

_____ weight-maintenance number

_____ subtract 500 or 1,000 calories

_____ equals calories/day