

THE WEIGHT LOSS GOAL-SETTING SYSTEM FOR 2021

STEP 1.

WRITE DOWN MY SPECIFIC OUTCOME

My specific outcome statement:

I, _____ will lose _____ kg-s by ____/____/2021!

STEP 2.

THE ASSESSMENT- SIX MAJOR AREAS.

1. How many hours of sleep do I get on average each day?
2. Do I feel completely restful after those hours spent sleeping?

SLEEP. Write down your answers.

1. How active am I each day?
2. How many steps did I achieve today?
3. Do I walk intentionally at least 30 min/day?
4. Am I engaged weekly in any sports activity?
5. If my job is sedentary, do I get up frequently to stretch my legs and take a walk?
6. Do I take the stairs instead of the elevator?
7. Do I park further away from my destination so I can walk the rest of the way?

ACTIVE LIFESTYLE. Write down your answers.

1. Do I leave at least 2-3 hours gap between my last meal and bedtime?
2. Do I have my first meal at least 30 min after I wake up?
3. Do I eat slowly and mindfully?
4. Do I take a healthy snack like a fruit instead of a sugary treat like a cake in the afternoon?
5. Do I drink water instead of sugary soda drinks like Coca Cola, etc?
6. Do I avoid consuming takeaway or any sort of fast food?

NUTRITIONAL LIFESTYLE. Write down your answers.

1. Am I surrounded by people who support, encourage, and believe I can achieve my weight loss goal?
2. Do people who I am surrounded with possess healthy habits like eating healthy and exercising regularly?

SOCIAL CIRCLE. Write down your answers.

1. Am I following a personalised exercise programme that is designed completely for me?
2. Am I consistent with my workouts and following my personalised exercise programme?

PERSONALISED EXERCISE PROGRAMME. Write down your answers.

1. Am I following a personalised nutritional programme that is completely designed for me?
2. Am I consistent with following my personalised nutritional programme every day?

PERSONALISED NUTRITIONAL PROGRAMME. Write down your answers.

STEP 3.

THE ACTION PLAN DESIGN FOR 2021

To improve my sleep, I need to take these action steps.

SLEEP. My action steps:

To lead a more active lifestyle, I need to take these action steps.

ACTIVE LIFESTYLE. My action steps:

To lead a healthier nutritional lifestyle, I need to take these action steps.

NUTRITIONAL LIFESTYLE. My action steps:

To surround myself with people who believe in me, support me, and encourage me, I need to take these action steps.

SOCIAL CIRCLE. My action steps:

To have and follow a personalised exercise programme I need to take these action steps.

PERSONALISED EXERCISE PROGRAMME. My action steps:

To have and follow a personalised nutritional programme I need to take these action steps.

PERSONALISED NUTRITIONAL PROGRAMME. My action steps:

Additional suggestions and tips

- Identification of a problem is half of the won battle. Please be honest with yourself when going through the assessment process. Don't proceed to the design stage until you have completed the assessment.
- After you design your action plan for 2021 pick the person who will hold you accountable for following your plan. It can be your wife, husband, boyfriend, girlfriend, friend, trainer, etc.
- Be consistent with your plan until you have achieved your weight loss goal.
- Review your action plan at least once per week. Make the necessary tweaks if needed to get back on track.

If you need any help with achieving your weight loss goal, we are here to help.

To your success,

Damir Pervan,
TrainChampion,
Founder and CEO

How to use this tool

Print this resource and follow the instructions.