

My Weight Loss Goal Setting Worksheet

[www.goal-setting-for-all.com](http://www.goal-setting-for-all.com)

Weight in pounds x 12 = Daily Calorie intake to maintain weight (subtract anywhere between 100 and 600 calories for healthy weight loss) By subtracting 600 calories I can lose 1kg per week assuming I am most sedentary

Date set	Current Weight	Goal Weight	Current % Body Fat	% Body Fat Goal	When by?	Why?	How?	SMART?	Reward	Lessons