

My Weight Loss Goal Setting Worksheet

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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
14/09/15	83kg	72kg	34.00%	15.00%	01/12/15	Feel good about how I look and increased energy levels	2100-600 = 1500 Calories p/day and exercise 3 times a week	Y	Spa Day	