

# WEIGHT LOSS SELF-REFLECTION WORKSHEET

1

**What is my  
ideal weight?**

(Speak with your  
doctor or nutritionist)

2

**What activities  
& exercises will I  
do to get myself  
into shape?**

3

**What healthy  
foods do I need  
to incorporate  
into my diet?**

4

**What junk foods  
do I need to  
eliminate from  
my diet?**

5

**Who will I call  
to support me  
and keep me  
accountable?**