

You can do it!

Use these checklists to commit to a few small things YOU can do over the next few weeks to improve your weight.



Diet:

- I will eat a healthy breakfast every morning.
- I will not eat seconds at dinner.
- I will weigh myself once a week.
- I will join a weight-loss support group or download a weight-loss app.
- I will write down what I eat for 2 or 3 days to figure out what I can cut back on.
- I will trade soda for flavored sparkling water.
- I will ask myself if I am really hungry before I start eating.
- I will take a short walk instead of eating when I am feeling stressed.
- I will be kind to myself when I realize I am eating because I am upset.
- I will make a list of things to do besides eating when I am stressed out.
- _____
- _____
- _____

Exercise:

- I will go for a 15-minute walk 3 days this week.
- I will take a new class at the gym, community center, or online.
- I will put on my favorite music and dance to three songs.
- I will play outside with my child for 20 minutes every day.
- I will walk instead of taking the bus or driving.
- I will set a goal to finish a 5K walk/run.
- I will buy or download a step tracker and set a step goal to track my steps most days of the week.
- _____
- _____
- _____



Don't get stressed out if you miss a few days (or even a few weeks). No one is perfect, and it takes time to build new habits.



Sleep:

- I will set and keep a regular bedtime.
- I will not look at screens 1 hour before bed.
- I will start a calming routine 1 hour before bed.
- I will avoid caffeine after noon.
- I will not eat just before bedtime.
- I will make sure the bedroom is dark or use an eye mask.
- _____
- _____
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Motivation:

It is important to me to lose weight because I want to:

- Reduce my risk for health issues like heart disease, type 2 diabetes, high blood pressure, cancer, stroke, and breathing problems.
- Have fewer aches and pains.
- Improve my body image.
- Be in a better mood.
- Have more energy to play with my kids or grandkids.
- Be able to take my dog for long walks.
- Be able to fit better into clothes.
- Take less fewer medications.
- _____
- _____
- _____

For more information, visit:

MedlinePlus: medlineplus.gov/obesity.html

BMI Calculator: www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm