

Strategy for planning worksheet

Goal:

Lose twenty pounds by the end of the year.

Present situation:

My previous attempts at diet and exercise have not yielded the results I'd like. By having a specific goal and someone to keep me accountable I hope to have more motivation.

Things that hinder:

1. *Lack of time for exercise*
2. *Dislike of "healthy" foods*
3. *Discouraged by previous failures*

Things that help:

1. *Doctor told me to get serious about my weight*
2. *My first grandchild was just born*
3. *My family wants to support me*
4. *Gym membership is 50% off right now*

Actions:

1. *Join a gym*
2. *Go to the gym three times a week, for one hour*
3. *Try at least one new "healthy" dish a week*
4. *Implement the acceptable healthy dishes into the regular meal schedule*
5. *Spend at least an hour a week with my grandchild to remind me why I'm doing this*