

PRACTICAL WEIGHT MAINTENANCE PLAN...

Learning to maintain your weight is an important part of life-long change. As with weight loss it involves monitoring changes to your lifestyle in order to manage your weight.

My weight maintenance range is _____ Kg

ESTABLISH A WEIGHT MONITORING SYSTEM

- E.g. Weigh yourself weekly / fortnightly

LONG TERM WEIGHT MAINTENANCE SKILLS

- E.g. Using the stairs instead of the lift, meal planning

-
-
-

-
-
-

INTERPRET CHANGES IN WEIGHT:

Here are some examples of when you may need to respond to the changes you have made;

1. If I gain weight consistently over two weeks
2. If I gain 1kg of weight in one week
3. If I unintentionally lose weight

In order to maintain your weight it is really important to 1) recognise changes in weight, 2) identify reasons why and 3) put an action plan in place to help you get back on track.

MY WEIGHT HAS CHANGED DUE TO THE FOLLOWING REASONS

- E.g. Holiday, feeling stressed
-
-
-

TO HELP ME GET BACK ON TRACK I WILL DO THE FOLLOWING

- E.g. Fill in diary, exercise, meditate
-
-
-

MOTIVATIONAL WEIGHT MAINTENANCE PLAN...

I do not want to regain weight because:

I have worked hard to establish good eating habits. I would like to keep up with the following good eating habits:

I have worked hard to established good activity/exercise habits. I would like to continue with the following good activity/exercise habits:

I am aware that I will face the following danger areas:
