

GOAL SETTING TABLE

Session	Goal 1	Goal 2
1		
2		
3		
4		
5		
6		
Now you have completed the programme it is essential that you continue setting SMART goals as this will provide an achievable pathway towards your weight loss goals.		

WEIGHT MONITORING TABLE

	Week 1 weight	Week 2 weight	Week 3 weight	C2C weight	
1					1 st Maintenance stage
2					
3					
4					2 nd weight loss stage or optional extension of maintenance
5					
6					
Monitoring your weight is key to successful long term weight management; continue to use the monitoring table below to record your weights each week. We strongly recommend that you do not weigh yourself more than once a week as weighing weekly is an accurate representation of your weight change.					