

**WEIGH WISE: If you are overweight, 5 to 10 percent weight loss helps to prevent or improve diabetes and heart disease.**

**DATE:** \_\_\_\_\_ My weight today: \_\_\_\_\_

What I would like to weigh in 6 months: \_\_\_\_\_ (guide: 1 pound per week)

*(This chart is for adults.)*

<b>If you weigh this now:</b>	<b>What you will weigh if you lose 5%</b>	<b>What you will weigh if you lose 10%</b>
130	122	117
140	132	126
150	142	135
160	152	144
170	161	153
180	171	162
190	180	171
200	190	180
210	199	189
220	209	198
230	218	207
240	228	216
250	237	225
260	247	234
270	256	243
280	266	252
290	275	261
300	285	270
310	294	279



If you weigh this now:	What you will weigh if you lose 5%	What you will weigh if you lose 10%
320	304	288
330	313	297
340	323	306
350	332	315
360	342	324
370	351	333
380	361	342
390	370	351
400	380	360

**MY MOTIVATION** to lose weight and/or stay on track:

\_\_\_ health/energy;  
 \_\_\_ appearance;  
 \_\_\_ well-being;  
 \_\_\_ role model for family;  
 \_\_\_ save money;  
 other: \_\_\_\_\_

**TIPS**

- Think about *what is going on* when eating something that’s not healthy for you.  
 Examples: it looked good; it was there so I ate it; stressed/anxious; hungry; angry; sad; lonely; tired; happy/excited; on vacation/holiday; hypo (low blood sugar).
- Focus on how you feel *physically* after you ate it.  
 Examples: tired; uncomfortable; better
- Weigh weekly
- **Remember Why Managing Weight is Important to YOU!**

