




My Med-South Weight Loss Goals and Calorie Needs

GOALS	TODAY	8 MONTHS FROM NOW
<p>Lose Weight</p> 	<p>Today, my weight is _____.</p> <p>I will weigh myself on _____ days/week.</p> <p>I will track my foods on _____ days/week.</p>	<p>The study goal is to lose 7% of my weight or _____ lbs. This means I will aim to be at least _____ lbs. in 8 months.</p> <p>I want to lose _____ pounds in 8 months. *</p>
<p>Eat Less Calories</p> 	<p>I need about _____ calories each day to stay at my current weight.</p>	<p>To lose 1 pound each week, I need to eat about _____ calories every day.</p> <p>To lose the weight I want, I will need about _____ calories every day. **</p>
<p>Move More Often</p> 	<p>Right now, I do some type of physical activity on _____ days of the week for about _____ minutes each time.</p>	<p>In the next 8 months, I will move at least 225 minutes a week (or 5 days a week for about 45 minutes each time).</p> <p>When moving, I need to make sure that I am breathing faster and feeling warmer than normal.</p>

* It is unsafe to lose more than 2 pounds each week. During the 8 months of this program, the most weight we recommend you lose is 64 pounds.

** Most people need at least 1200-1500 calories every day to keep the body working well.