



# Nutrition for the Health of It

[www.NutritionfortheHealthofit.com](http://www.NutritionfortheHealthofit.com)

## My Goals – An Action Plan for Change

My Health Goal	Short Term Goals	How Will I Achieve?	Timeline	Check-In / Evaluation Points	Reward For Success
Lose 25 pounds by end of year (Dec. 31)	Get a buddy and agree on plan	Determine who is supportive and willing to help	Jan 1		friendship and camaraderie
	Lose 2 pounds by end of January	<ul style="list-style-type: none"> <li>*eat smaller portions, smaller plate</li> <li>*no second helpings</li> <li>*cook without fat</li> <li>*no fast food</li> <li>*bring lunch to work</li> <li>*physical activity Mon/Thus/Sat for minimum 30 min.</li> <li>*water to drink</li> <li>*mindful when I eat, eat for hunger not mood</li> </ul>	Jan. 31	<ul style="list-style-type: none"> <li>*Weigh-in every two weeks</li> <li>*Exercise log</li> <li>*feelings journal</li> </ul>	buy healthy cookbook
	Lose 2 pounds by end of February	continue above	Feb 28		buy new cookware
	Lose 2 pounds by end of March	continue above *physical activity increased to 45 min.	March 31		buy new workout outfit
	Lose 2 pounds by end of April	continue above	April 30		get massage
	Lose 2 pounds by end of May	continue above	May 31		take cooking class with my buddy
	Lose 2 pounds by end of June	*physical activity to 4 times a week	June 30		spa weekend

