



## **Week 1: Jan. 31 - Feb. 5**

### **Setting Achievable Goals for Yourself**

Congratulations on becoming a part of Scale Back Alabama! This is an incredible and life-changing step you are taking, especially since obesity in America is becoming an increasing problem.

Trying the many approaches to weight loss can be extremely overwhelming and frustrating, but there is an easier solution and the outcomes will be life-changing! As you begin this journey to lose weight, it is important to get started on the right track. Many times you may become overwhelmed by all of the changes that must take place in order to lose weight, and you may end up feeling like you failed even before you get started.

The first step in successful weight loss is to set small, achievable goals that do not cause you to become discouraged. Listed below are a few tips on setting goals you can reach:

- When deciding on your goals, remember to make each goal reasonable. If the goals are too big, you could be setting yourself up for failure.
- Before you identify your goals, ask yourself, “Why do I want to lose weight?” Your reasoning could be to prevent health problems or to be an active member of your family. You may have many reasons to lose weight, but answering the “why” question will help you decide which goals are most important.
- In making a list of goals, figure out how much weight you want or need to lose. Again, the amount you settle on should be reasonable. The following are three easy steps to consider:
  - Step 1– Think about how much total weight you need to lose. Maybe you are 200 pounds and need to weigh 140 pounds. The total amount of weight that you need to lose is 60 pounds. This amount of weight loss could be extremely overwhelming to begin with, so move to the next step.
  - Step 2 – Rather than thinking about the total amount of weight you need to lose, you should consider losing 10 percent of your starting weight. For example, if you weigh 200 pounds, your first goal could be to lose 20 pounds. This amount of weight loss is much less intimidating than 60 pounds. However, you may still feel overwhelmed by this goal. You can make a more reasonable goal by going to step three.
  - Step 3 – In the first couple of weeks of your weight loss program, make a simple goal of losing 10 pounds. Setting a simple achievable goal allows room for mistakes as well as improvement. Once you reach the 10-pound mark, set another goal to lose 10 pounds. Before you know it, you have lost 20 pounds!
- Once you decide on your desired amount of weight loss, you should create a lifestyle plan that will help you take your weight-loss journey one step at a time. As you begin to create a weight-loss strategy, write down the steps you believe are necessary to reach your overall goal. By mapping out a plan, you will know exactly what changes are needed in order to accomplish your goal.

- Once you have recorded the steps you must take to achieve your goal, you should take a look at your list and select one or two of the steps you feel will best help you kick start your weight loss. The steps selected should be simple lifestyle changes, such as drinking more water or decreasing the amount of time you watch television.
- Remember that by achieving small goals, you are ultimately working towards a lifelong goal of being happy and healthy!