

**Goal:** Lose 10kgs

**By when:** Dec 1st (9 months from now)



## Success Criteria

How I'll know when I've achieved it

I'll weigh 67kgs

I'll be able to wear size 10-12 clothes comfortably

I'll be able to wear all the clothes in my wardrobe again

I'll be able to maintain that weight easily

I won't be binge eating any more

I'll have more energy

I'll feel calmer

## Behaviours Req.

How I'll achieve it

Eat well and consistently

Do exercise consistently

Calm my body down

Sleep better

Prioritise myself more

## Potential Barriers

What might hold me back

No time to prepare food

If I eat one treat I may fall off the wagon and eat more

No time or too tired to exercise

Deadlines to meet or work events that mean I don't get to bed until late

Unexpected issues at work

## Transform

How I'll overcome it

Get Steve to help me prepare food when I can't, and to keep me accountable

Find food options from cafes or supermarkets in advance that I can grab if I need to without thinking

If I'm tired just do light exercise like a walk

Ask Steve to choose a reward for us to do together at the end of each week when I complete everything.

Plan each week in advance so I can fit everything in & have contingencies for unexpected things

## Actions

Specific actions to implement

Eat 3 complete meals per day of only whole/real foods. Allow myself 2 occasions each week to eat one 'treat' or a meal out.

Do exercise at least 3 times per week

Get a minimum of 7hrs sleep at least 5 nights per week

Prioritise my work tasks each week with the 80/20 rule

Do all of my non-negotiables every week

Journal everything to track my progress