

THE GOAL-SETTING WELLNESS PLANNER

Name_____

Date_____

Weight goal:

What do you believe is a realistic and healthy weight for your? Write down the upper and lower limit of the weight range that you are aiming for. A three to five-pound difference should separate your upper and lower weight goals.

Upper Weight Limit: _____

Lower Weight Limit: _____

If you are setting out to lose weight then establish the date when you will reach your goal, assume that you can lose one to two pounds per week on average.

I confidently expect to achieve my weight goal by: _____

If you are attempting to gain weight through weightlifting, you should follow a healthy diet and include approximately 1.5 grams of protein each day for every 1 kilogram (2.2 pounds) you weigh. If you work hard, you can expect an average gain of 0.5 to 1 pound of muscle per month.

Waistline: I am committed to maintain a waistline of _____

Dress Size (for women): I am committed to attain a dress size of _____

I confidently expect to attain this goal by: _____

Exercise Program::

Aerobic Fitness

The fitness program of gentle endurance or aerobic activity to which I am committed is:

Endurance Exercise Type: *(treadmill, jogging, stationary bike, etc.)*

Exercise Time or Distance (e.g. jog five kilometers) (*per session*)

Exercise Frequency: (*times per week*)

Resistance-Training Program:

If you are at a level at which strength training is appropriate, write down your program.

Name of Station/Exercise (*bench press, etc.*)

Name of Station or Exercise	Number of Sets	Number of Repetitions per Set

For Split Routine Add Day Two Program Below

Name of Station	Number of Sets	Number of Repetitions per Set

The number of weight-training sessions that I plan to do each week is: _____

Alternate Resistance Training Program (e.g yoga, pilates, boxercise, etc)

Type: _____

Number of Sessions per week: _____

Type: _____ Number
of Sessions per week: _____

Dietary Strategies

Meat: The high-fat meat products that I presently eat are:

Solution: The low-fat flesh protein foods that I plan to eat instead because they make sense for me are:

Dairy: The high-fat dairy products that I presently eat are:

Solution: The low-fat dairy protein foods that I plan to eat instead because they make sense for me are:

Pastries: The high-fat pastries, cakes, doughnuts, and chocolate products that I eat are:

Solution: The lower-fat solution-substitution foods that I am willing to eat instead are:

Fried Foods: The fried foods and chippy-dippy foods that I eat are:

Solution: The lower-fat alternatives to these fried foods that I plan to substitute are:

Frozen Desserts and Treats: The high-fat ice cream and related frozen desserts that I eat are:

Solution: The lower-fat alternatives to these high fat desserts and treats that I plan to substitute are:

Chocolate Bars: The chocolate bars and other high-fat chocolate products that I tend to eat are

Solution: The low-fat alternative I plan to substitute for chocolate bars and related high-fat chocolate products are:

Sugary Beverages: The sugary beverages that tend to add unnecessary calories to my diet are:

Solution: The no-calorie beverages and diluted juices that I plan to drink instead include:

Candy: The sugary candy products I eat too often are:

Solution: The no-calorie or lower-calorie solutions that will help me achieve my goal are:

Added Sugar: The places in my diet where I consume too much added sugars are:

Solution: My solution to reducing added sugars in my diet as noted above are:

Under the following complex-carbohydrate headings, list the actual foods you plan to increase in your daily life because of their health-promoting properties.

Fruits:

Green leafy vegetables:

Cruciferous vegetables:

Orange-yellow and red vegetables:

High Fiber Grains and Starchy Carbohydrates:

High Fiber Breakfast cereals:

High Fiber Bread products:

Other High Fiber Grains and Noodles:

Peas and beans:

Healthy Soups:

Supplementation: The daily lifelong and anti-aging supplements I intend to ingest each day include: Refer to the chart below

1
2
3
4
5
6
7
8
9
10

Fiber Supplement: In addition to choosing higher-fibre foods, I plan to include a fibre supplement each day.

Yes _____ No _____

If yes, my strategy is:

Caffeine: I plan to limit my intake of coffee and tea to _____ cups per day

Alcohol: I plan to limit my intake of alcohol to _____ drinks per week

Rewards

The health strategies described in my Goal-Setting Wellness Planner are designed to bring about a positive outcome for my body and to enhance my quality of life in many ways. I will be rewarded on three basic levels – my health, the appearance of my body, and my self-esteem or self-image.

The specific benefits of succeeding with this program for me are:

Health benefits: *(List the disease prevention results that are most important to you.)*

Benefits to my physical appearance: *(List the changes to your body that you are most excited about.)*

Psychological benefits: *(Describe how your new, fitter, healthier, leaner body will affect your life.)*

Self-image:

Social life:

Willingness to participate in new activities:

I am deeply committed to implementing these changes to experience and enjoy the rewards that this effort will bring to my life.

Signature

Date