



Weight Loss Goal Sheet

My Ultimate Achievement Goal:

Gold goals are your ideal result. If everything goes 100% perfectly what do you think you can achieve.

My Gold goal	
Start weight	
Target weight	
Total lb's/kg's to lose	
lb's/kg's per week	
Target date	



Silver goals will give you a lot of satisfaction, will be well worth achieving. If your exercise level is good perhaps with the occasional hiccup what do you think you can achieve.

My Silver goal	
Start weight	
Target weight	
Total lb's/kg's to lose	
lb's/kg's per week	
Target date	



Bronze goals represent the minimum effort and outcome to expect from your exercising. If your plan proves to be too difficult what do you think is the minimum result you can achieve.

My Bronze goal	
Start weight	
Target weight	
Total lb's/kg's to lose	
lb's/kg's per week	
Target date	

