My Weight Journal



TRUTH ABOUT WEIGHT®
The cycle can be broken

# Set yourself up for continued success

Remember that weight management is an investment in yourself and your well-being—one that has benefits now and later. Consider these practical tips to help you focus on your weight-management goals:

#### **Reward your progress**

Focusing on the positives may help you build momentum in your weight-management plan. Plan an activity that you look forward to for the next time you accomplish a goal or reach a milestone.

#### **Keep a journal**

By tracking your progress, you may recognize a need to change your habits at certain times of the day or year.

#### **Review your goals regularly**

You might find that your goals change over time, and that's okay: unrealistic goals might actually discourage your progress.

TRUTH ABOUT WEIGHT®
The cycle can be broken



## Goal sheet

One thing at a time, one step at a time, adding up over time

Goal Setting can be a great way to make lifestyle changes. Goals should be realistic, sustainable, and measurable. Work with your health care provider to choose a SMART goal that's best for you.

#### **A SMART Goal is:**

SPECIFIC

**MEASURABLE** 

**ATTAINABLE** 

**REALISTIC** 

**TIME-ORIENTED** 





<b>Goal</b> (be as specific as possible)	I will reduce my fast food intake by half						
<b>Details</b> (timeline, where, how)	Fast food trips from 10 a week to 5 and bring food from my meal plan to work						
<b>Barriers</b> (anticipate challenges)	Getting prepared for the week's food - food prep.						
Steps I will take (how will you address barriers, what can you do to help make this happen)	I will make a grocery list on Friday I will shop on Sunday & prepare my food I will ask my friend at work to stay in to eat						
<b>Confidence</b> (if less than 7, reassess your goal or the scale of your goal)	How confident am I that I can reach this goal?  O 1 2 3 4 5 6 7 8 9 10  Not at all A Little Somewhat Very Totally						

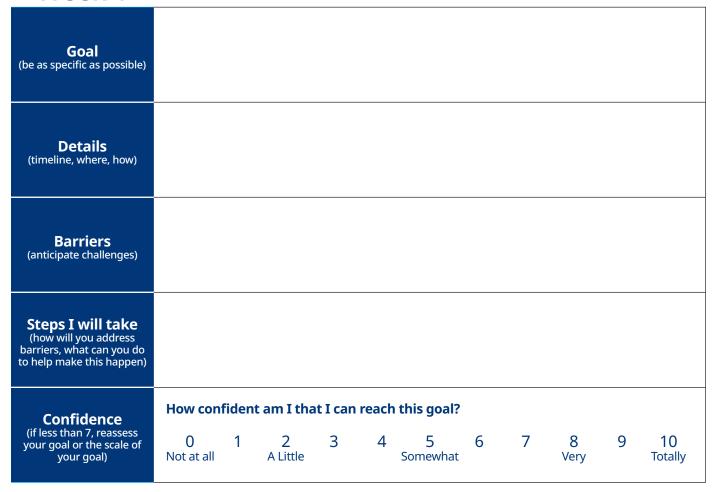
## Food, activity, and behavior diary







	<i>J</i> ,		<u> </u>			
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>FOOD/WATER</b>						
Total calories:						
1.363	1.391	1.516	1.367	Total Calories.	1.850	1.375
				1,711		
Water intake (ounces):						
90	100	80	100	90	100	80
ACTIVITY						
Total minutes:						
15	15	15	60	15	40	60
Exercise:						
walk	walk	walk	Zumba	walk	<u>swim</u>	walk
BEHAVIOR	WQIK	WQIK	Lumpa	WQIK	<u> </u>	WQIK
BEHAVIOR						
Were you happy with your choices?						
(circle one)						
happy neutral could be better						
	Challenges/Successes:					
Walked the	Challenges/Successes.	chaneriges/successes.	I did half of what	_	Didn't eat	Challeriges/Successes.
track			I set out to do		breakfast	
11 404			1 <del>3</del> 61 001 10 40		บเฉนา	
Describe your						
mood today?						
<u>Satisfied</u>	<u>Mellow</u>	<u>tnergetic</u>	<u>Satisfied</u>	Content	Angry	Нарру
How many hours did you sleep?)	How many hours did you sleep?)					
6	8	8	6	9	7	6



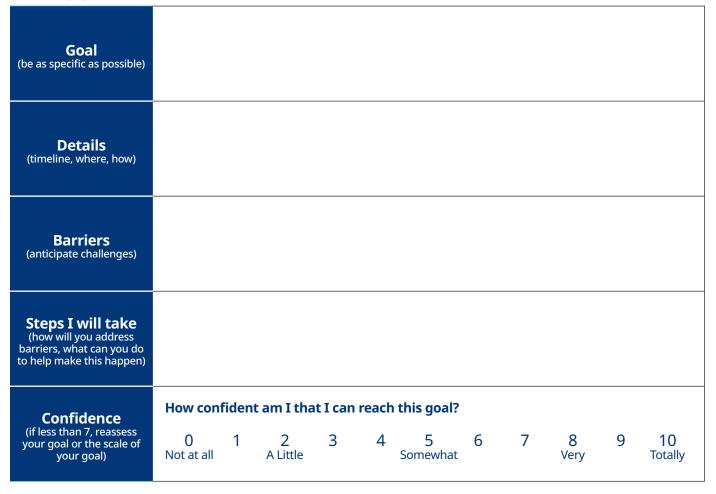
## Week 1 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):
ACTIVITY						
Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
BEHAVIOR						
Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy
with your choices?	with your choices?	with your choices?	with your choices?	with your choices?	with your choices?	with your choices?
(circle one)	(circle one)	(circle one)	(circle one)	(circle one)	(circle one)	(circle one)
happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better
Challenges/Successes: C	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:
Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?
How many hours did you sleep?)	How many hours did you sleep?)					



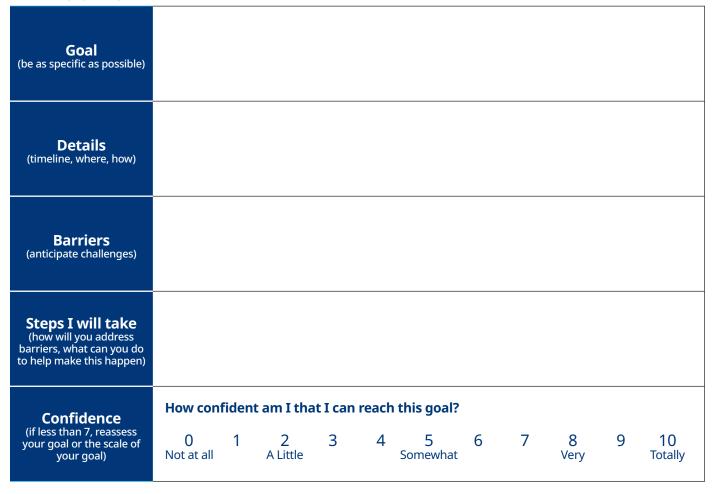
## Week 2 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):
ACTIVITY						
Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
BEHAVIOR						
Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy
with your choices?  (circle one)	with your choices? (circle one)	with your choices? (circle one)	with your choices? (circle one)	with your choices? (circle one)	with your choices?  (circle one)	with your choices? (circle one)
$\odot$ $\hookrightarrow$ $\simeq$	$\odot$ $\odot$ $\simeq$	$\odot$ $\odot$ $\Leftrightarrow$	$\odot$ $\odot$ $\simeq$	$\odot$ $\odot$ $\simeq$	$\odot$ $\odot$ $\simeq$	$ \begin{array}{ccc} & & & \\ & & \\ & & \\ \end{array} $
happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better
Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:
Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?
How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)
					-	



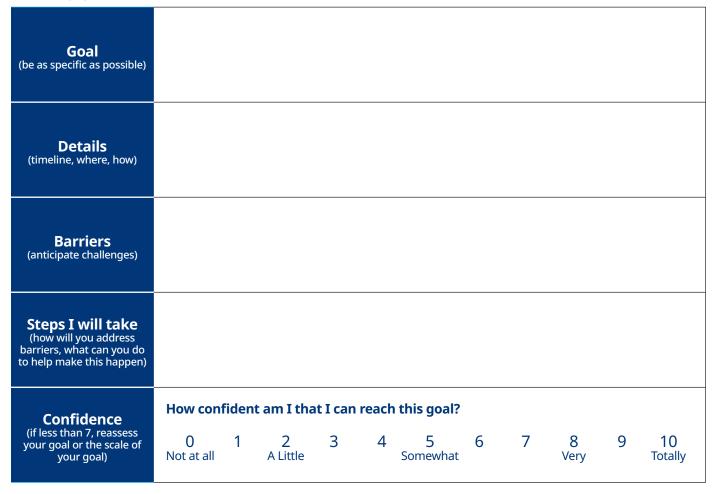
# Week 3 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER  Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
Water intake (ounces):						
ACTIVITY  Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
Exercise:						
BEHAVIOR Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy	Were you happy
with your choices? (circle one)						
happy neutral could be better						
Challenges/Successes:						
Describe your mood today?						
How many hours did you sleep?)						



# Week 4 Food, activity, and behavior diary







Mon	Tue	Wed	Thu	Fri	Sat	Sun
FOOD/WATER						
Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):	Water intake (ounces):
ACTIVITY  Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
Were you happy with your choices? (circle one)	Were you happy with your choices? (circle one)					
happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better	happy neutral could be better
Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:	Challenges/Successes:
Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?	Describe your mood today?
How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)	How many hours did you sleep?)

# Popular apps designed to support weight loss and weight maintenance efforts\*

Lose It!

**Fooducate** 

**YAZIO** 

These are some examples. Novo Nordisk does not endorse any representative apps.

# Add your family and friends to your support network

After all, you have a better chance of success if you include friends and family in the activities that make up your weight-management routine.



Be open with your family about your goals. They may want to join you in making lifestyle changes.



Share your progress with loved ones. Celebrating milestones along your journey could help you to strive for success.



Join an online community of people with similar goals to grow your support networks.

<sup>\*</sup> Purchase or fees may apply.

## Sign up for updates from TruthAboutWeight.com



Novo Nordisk is committed to your success. That's why we give you resources, including emails with information to keep you up-to-date on cutting-edge weight-loss science and help you start the right kind of conversations with a health care provider.





Truth About Weight® is a registered trademark of Novo Nordisk A/S. Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.