

## Goal development action Plan

### **Goal:**

To lose 15 ponds of weight by end of February.

### **Unit Objectives:**

#### **Diet**

**!** Making sure I eat the right foods that allow me to lose weight and feel better

#### **Exercise**

Carrying out an exercise plan at least every other day that will allow me to burn calories.

I will also benefit by feeling fitter!!

#### **Mindset**

Getting my head into a right place so that direct & exercise become good habits. As an added benefit this will allow me to keep the weight off!!

### **Enablers:**

Look at cookery books and reference on internet for lower fat options	Join the gym	Drink 2 litres of water daily
Cut down portion sizes	Book out sessions bi daily in my diary	Read this plan daily
Change to wheatgerm bread and reduce amount of spread.	Arrange equipment lesson	Agree a treat with myself if I achieve the goal
No sugar in tea & coffee	Walk to work twice a week	Create a chart to show my progress
Plan meals weekly		New wardrobe if I get down 2 sizes!
		Think about weight watchers?