**HOW TO LOSE WEIGHT HEALTHILY: \_\_\_\_\_\_\_\_’s 60-Day Plan**

*Anything you can form a clear mental picture of is possible. If you can see yourself as a strong, healthy person and think positively about your own success,* ***you will succeed!***

**My Daily Promise:**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=uaGYB8mHYCiJCM&tbnid=MXwUEEbfRIomOM:&ved=0CAUQjRw&url=http://www.organicsoul.com/fitness-finesse-3-musts-for-a-better-body/&ei=fRdeUcmsPMqhigKW-ICgCQ&bvm=bv.44770516,d.cGE&psig=AFQjCNHfHru1jmzMzPNENyNJaWNia98NJA&ust=1365207191498167) [](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=GTiPxn-4pIJMxM&tbnid=P_7vkb9Ti3zlQM:&ved=0CAUQjRw&url=http://karmanelson.com/what-are-the-benefits-of-yoga/&ei=0RleUYKRDsqmiQLV_IGoBg&bvm=bv.44770516,d.cGE&psig=AFQjCNEoI0FUIkaXo5FAGpI951FBlQtEwQ&ust=1365207773911525) [](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=uaGYB8mHYCiJCM&tbnid=MXwUEEbfRIomOM:&ved=0CAUQjRw&url=http://onthejob.45things.com/2011_08_01_archive.html&ei=khheUaDvIKjaigLH8YDIDg&bvm=bv.44770516,d.cGE&psig=AFQjCNHfHru1jmzMzPNENyNJaWNia98NJA&ust=1365207191498167)

I **can** reach my fitness goals by summer, and I am determined to improve my health each day. **With a healthier body I will:**

**1.**

**2.**

**3.**

|  |  |
| --- | --- |
| **Today’s Date:**  **4/5/13** | **Goal Date for Weight Loss:**  **6/5/13** |
| **My Goal Weight is:**  **\_\_\_\_\_\_\_\_ POUNDS** | |
| Current Weight: \_\_\_\_\_ pounds | Improved Weight: \_\_\_\_\_ pounds |
| Current Body Fat: \_\_\_\_ % | Improved Body Fat %: \_\_\_\_ % |
| **Pounds of Weight Lost:** | |
| **% Body Fat Lost:** | |

3 Steps that I **can** take to reach \_\_\_\_ pounds, \_\_\_\_% body fat by **June 5th**are:

**1.**

**2.**

**3.**