**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:**

  

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.**