



## GOALS

- 1. EXERCISE
- 2. EAT HEALTHIER
- 3. GET MORE REST
- 4. BALANCE
- 5. TRAIN

# Visit 6

## Review



Horizon 2020  
European Union Funding  
for Research & Innovation

## Review

At this visit we will review your achievements and discuss how you would like to proceed.

You may decide to continue to lose weight or to maintain the weight that you have already lost. Your CHW is here to help you to work towards your goals in the months to come.

Now is the time to look back over your progress, to recognise what you have achieved and to discuss what you may find difficult in the months to come as the appointments are further apart and you will have fewer contacts with your CHW.

	Visit 1	Visit 6
Weight		
BMI		
Waist circumference		

List some of the lifestyle changes you have made since visit 1:

List some of the changes you found easiest to achieve:

List some things you have found most difficult to do:

## Importance of weight loss

How **important** is it for you to lose/maintain weight in the next 6 months? (please mark from 1-10)

1	2	3	4	5	6	7	8	9	10
Not important at all		Fairly important			important				Very important

## Confidence

How **confident** are you that you can lose weight to in the next 6 months? (please mark from 1-10)

1	2	3	4	5	6	7	8	9	10
Not confident at all		Fairly confident			confident				Very confident

What obstacles or difficulties do you foresee in the months to come and how might you deal with them?

## My Eating Plan

The energy prescription that has been calculated for me allows me to have  Kcal per day.

This allows me a certain number of 'servings' per day from the 5 food groups.

<input type="text"/> Servings of Bread, chapatti and alternatives	<input type="text"/> Servings of Milk and dairy foods
<input type="text"/> Servings of Meat, fish and dahls	<input type="text"/> Servings of Fats and oils
<input type="text"/> Servings of Fruit and vegetables	

# Visit 6: Personal Target Setting

Date	Weight	Waist Circumference

**You may find it useful to ask yourself the following questions to help you achieve your targets:**

How will I go about achieving this target? How will I know if I have met this target? Is it realistic for me to achieve this target in the amount of time I have available?

Targets Set
1
2
3
4
5
6

Targets Met
1
2
3
4
5
6



Horizon 2020  
European Union Funding  
for Research & Innovation