



Make
it
Happen!!!
...

Visit 7

Review



Horizon 2020
European Union Funding
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	Visit 6	Visit 7
Weight		
BMI		
Waist circumference		

List some of the lifestyle changes you have made since visit 6:

List some of the changes you found easiest to achieve:

List some things you have found most difficult to do but achieved them anyway:

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

Visit 7: 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

Notes

Notes



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