



# Visit 8: Review

	Visit 7	Visit 8
<b>Weight</b>		
<b>BMI</b>		
<b>Waist circumference</b>		

List some of the lifestyle changes you have made since week 7:

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 8: Personal Target Setting

Date	Weight	Waist Circumference

Targets Set	Target Met
1.	
2.	
3.	
4.	
5.	
6.	

**You may find it useful to ask yourself the following questions to help you achieve the above 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?