



Visit 8: Review

	Visit 7	Visit 8
Weight		
BMI		
Waist circumference		

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?