



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?