



# Visit 9: Review

At the 9th appointment, you can review of your lifestyle 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.

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 there are no further appointments with your CHW.

	Visit 1	Visit 9
<b>Weight</b>		
<b>BMI</b>		
<b>Waist circumference</b>		

List some of the lifestyle changes you have made since week 0:

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/maintain weight 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.

**I can eat this amount every day:**

**Servings**

Bread, roti, rice, milk rice, noodles, string hoppers etc

**Servings**

Meat, fish and dahls

**Servings**

Fruit and vegetables

**Servings**

Milk and dairy foods

**Servings**

Fats and oils

## Visit 9: 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?