

- 1) Set your weight loss goals. Get help from your Club Reduce® Doctor if needed. Try to make the majority of your goals process goals rather than outcome goals. (i.e. “Exercise regularly” is an example of a process goal, while “weigh 145 pounds” is an example of an outcome goal) (Sheet 1)
- 2) Look ahead in your calendar and see if there are potential problem events that could cause you to stray from your program. What are some ways you can to stay on track in those situations? You may want to post these somewhere so that you are constantly mindful of them. (Sheet 2)
- 3) Keep following the Club Reduce Eating Plan!
- 4) Listen to this week’s Self Mastery Technology free download.

Worksheet 1: Goal Setting

a) Create short-term goals

b) Create long-term goals

Worksheet 2: Event Planning

Look ahead in your calendar and see if there are potential problem events that could cause you to stray from your program. What are some ways you can to stay on track in those situations?

Post these somewhere so that you are constantly mindful of them.

Event 1: _____ Date of Event: _____

What can I do to stay on track?

Event 2: _____ Date of Event: _____

What can I do to stay on track?

Event 3: _____ Date of Event: _____

What can I do to stay on track?

Event 4: _____ Date of Event: _____

What can I do to stay on track?
