



Lesson 2: Homework

- 1) Set your weight loss goals. Get help from your Club Reduce Doctor if needed.
 - a) Create short-term and long-term goals.
 - b) Try to make the majority of your goals process goals rather than outcome goals. (i.e. "Exercise regularly" is an example of process goal, while "weigh 145 pounds" is an example of an outcome goal). (Worksheet 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 stay on track in those situations? You may want to post these somewhere so that you are constantly mindful of them. (Worksheet 2)
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Goal Setting

a) List your short-term weight loss goals.

Short-term goal #1: _____

Short-term goal #2: _____

Short-term goal #3: _____

b) List your long-term weight loss goals.

Long-term goal #1: _____

Long-term goal #2: _____

Long-term goal #3: _____

Worksheet 2: Event Planning

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