



What Are You Asking Weight Loss to Change?

A one-page worksheet to examine what sits underneath a numerical weight goal.

Finish the sentence: When I lose the weight, I'll...

1. What comes after the "I'll"?

Write what you expect losing weight to change or make possible. Don't edit it into a better answer. Capture what is actually attached to the goal.

2. Separate the two parts of the goal

THE WEIGHT GOAL	THE OUTCOME I WANT FROM IT
What number, size or other weight outcome am I aiming for?	What do I expect to be different in my life if I reach it?

3. Stress-test the connection

If I reached the weight goal, how certain am I that it would deliver the outcome I've named?

☐ Very certain	☐ Fairly certain	☐ Not sure	☐ I don't know yet
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What does that answer make me think about?

A precise weight goal can tell you where you want the scales to go. It cannot, by itself, tell you whether weight loss is the right solution for everything you want to change.