



Make sure your goal is realistic, achievable and representative of what you can do.

My main goal is: (E.g. to lose 5kg by July this year)	
The actions I will take are: (E.g. take my weight loss medication, eat balanced meals, do 10,000 steps everyday)	
The possible barrier(s) are: (E.g. finding the time to consistently do 10,000 steps every day)	
What can I do to overcome barrier(s): (E.g. get an app on my phone or use my smart watch to count steps, go out for a walk before work)	

Need further support?

We're here to support you every step of the way. If you have a question about your weight loss journey with us, please get in touch with us on:

wm.programme@empower-health.co.uk or 0116 216 0125.