

Guaranteed Weight Loss Success



I look forward to sharing my experience with you on how to have success with your weight loss resolutions for 2006. Please print out this goal setting worksheet so you can take notes during this teleclass.

In order to prepare for this teleclass, please send your questions in advance to info@activeimage.ca or call me at (416)410-8517 and I will answer them during this event.

Teleclass Information

Date: Tuesday January 10th, 2006

Time: 8:00-9:00 pm EST

Dial-In Number: 1-661-705-2000 (Santa Clarita, CA)

Participant Access code: 80265

Topic: *Learn the secrets of how I have helped hundreds of clients over the years to reach their goal weight and keep it off. Learn how to plan and implement your **weight loss strategy for 2006.***

Duration: 60 minutes + 10 minutes social before the class.



Goal Setting Worksheet

1. What are your weight management goals for 2006?

S

M

A

R

T





2. **What would your life look like if you reached your weight loss goal? Does your weight stop you from doing things that you would like to do? Please list.**

3. **What are some barriers that prevent you from reaching your goals? What strategies can you put in place to start removing some of these barriers?**

Barriers	Action	Plan



4. The Active Image approach to Healthy Weight loss requires a commitment to life long changes in 5 (five) main areas of your life. Learn how to manage these five areas and you will learn how to manage your weight for a lifetime.

E



Management tips:

N

Management tips:





A _____

Management tips:

B _____ **M** _____

Management tips:

A _____

Tips for managing it:



5. List 5 action steps that you are going to make as a result of this teleclass.

Behaviour Change Declaration

I, _____, am committed to making positive changes in my life for the year 2006. I am ready to take on the 90 day challenge by implementing the action steps I have indicated above! My goal is to lose _____ pounds by March 31, 2006.

Many of my clients have done it and you can do it too. I wish you all the best as you journey towards your weight loss victory in 2006 !!!!

Notes

Final Thoughts

