



Goals, Goals, Goals

The beginning of the New Year is a good time to set goals for healthy eating and exercise. The following information will help you set goals for yourself based on the recommendations of Lifestyle Balance.

Setting Goals for Physical Activity

The Lifestyle Balance **physical activity goal** encouraged a gradual build up of weekly activity like brisk walking, to a minimum of 150 minutes per week. A safe and reasonable progression is as follows:

Week 1	Walk 60 minutes (e.g., 12 minutes on each of 5 days)
Week 2	Walk 90 minutes (e.g., 18 minutes on each of 5 days)
Week 3	Walk 120 minutes (e.g., 24 minutes on each of 5 days)
Week 4+	Walk 150 minutes (e.g., 30 minutes on each of 5 days)

My activity goal for the next week is _____.

Setting Goals for Weight Loss

Losing 7% of your starting weight was the **Lifestyle Balance weight loss goal**.

My 7% weight loss goal is _____ pounds.

My personal weight goal is _____ pounds.

My short-term weight loss goal over the next 3 months is _____ pounds.

Setting Fat and Calorie Goals

In Lifestyle Balance, the **fat and calorie goals** were based on starting weight. To lose weight, try and get as close to your goals as you can. The recommendation for fat grams is based on 25% calories from fat, which will help you improve your overall health as well as lose weight.

Start Weight (lbs)	Fat Goal (grams)	Calorie Goal
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

My fat and calorie goals are _____.

Weight Management Basics

The beginning of a New Year is also a good time to recommit to the weight management basics.

- Set up a **regular self-weighing time** (a minimum of once per week). My self-weighing time will be _____.

- **Self-monitor your eating and physical activity in the Keeping Track log.**

Writing down everything you eat and drink is the most important part of changing your eating behavior. Spelling is NOT important. What IS important is to:

- Be honest with yourself (write down what you really eat).
- Be accurate (estimate or really measure portions, read labels).
- Be complete (include everything)

Use the Fat Counter (or other nutrient counters you like), package labels, and your own knowledge of food values. Figure out and write down how many fat grams and calories are in each food. The best practice is to keep a running tally throughout the day.

- **Graph your weight** using the “How am I Doing” handout. Include your current weight, your Lifestyle Balance goal weight, your personal goal weight, and your short-term goal weight for the next 3 months.

Why am I Doing This?

Following the Lifestyle Balance recommendations for weight loss, activity, and fat grams has been *proven*, by Diabetes Prevention Program participants, to reduce your risk of diabetes and diabetes complications.

It is even more important that you find your own purpose for working toward the goals of Lifestyle Balance.

To help you stay focused on *your* goals, please list the reasons why you joined Lifestyle Balance and any other healthy lifestyle resolutions you would like to make for the New Year.

Our Lifestyle Balance resolution is to continue working with you to prevent diabetes and complications of diabetes.

We look forward to seeing you at the Lifestyle Balance sessions being offered this year.

**Have a Happy and Healthy Year!
The Lifestyle Balance Staff**