

RESISTANT WEIGHT LOSS

ACTION PLAN

BPM
Health

Now that you've identified some areas which may be impacting on your weight loss success, you need to determine which area/s you'll target for change. Change can be scary, but you can make it easier by writing down what you'll do, how you'll do it, and who will support you in doing it.

Problem Identified _____

- 1 I will make these changes in order to decrease or resolve the problem:

- 5 I will inform these support people about what I am doing and why:

- 2 I will make these changes by implementing these actions:

- 6 I will check in at BPM on / / for a progress check.

- 3 I anticipate having to overcome these problems in making these changes:

- 7 I will reward my success in making these changes by:

- 4 I will make myself accountable for these changes by:
