

Goal Sheet

CURRENT

Weight: _____

Current BMI: _____

Current Measurements

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Upper Arms: _____

GOAL

Weight: _____

Current BMI: _____

Goal Measurements

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Upper Arms: _____

A healthy rate of weight loss is 2 pounds per week.

My Goal is to be healthy.

I will:

Have a BMI ranging from _____ to _____.

Reach the weight of _____ by _____.

Have a daily calorie intake of _____ in order to lose 2 lbs. per week.

Exercise _____ times per week.

Signature _____

Date _____