

Evidence Based Weight Loss: Plan Overview

Day 1: Fill out the following:

- **Choose an "Accountability Partner"**
 - The more you involve them in your plan, the better
- **"Setting Goals"**
- **"Behavior Modifications"**
- **"Physical Activity"**

Partner:

Daily: Complete the "Daily Checklist"

Periodically: Revisit "Food" and "Behavioral Modifications"

Weekly: Fill out the "Weekly Checklist" and "Physical Activity" goals

MONTH 1

Week 1

__ / __ / __

In-Person

Virtual

Week 3

__ / __ / __

In-Person

Virtual

MONTH 2

Week 5

__ / __ / __

In-Person

Virtual

Week 7

__ / __ / __

In-Person

Virtual

MONTH 3

Week 9

__ / __ / __

In-Person

Virtual

Week 11

__ / __ / __

In-Person

Virtual

MONTH 4

Week 13

__ / __ / __

In-Person

Virtual

MONTH 5

Week 15

__ / __ / __

In-Person

Virtual

MONTH 6

Week 17

__ / __ / __

In-Person

Virtual

Notes: _____

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

