Evidence Based Weight Loss: Plan Overview

Partner:

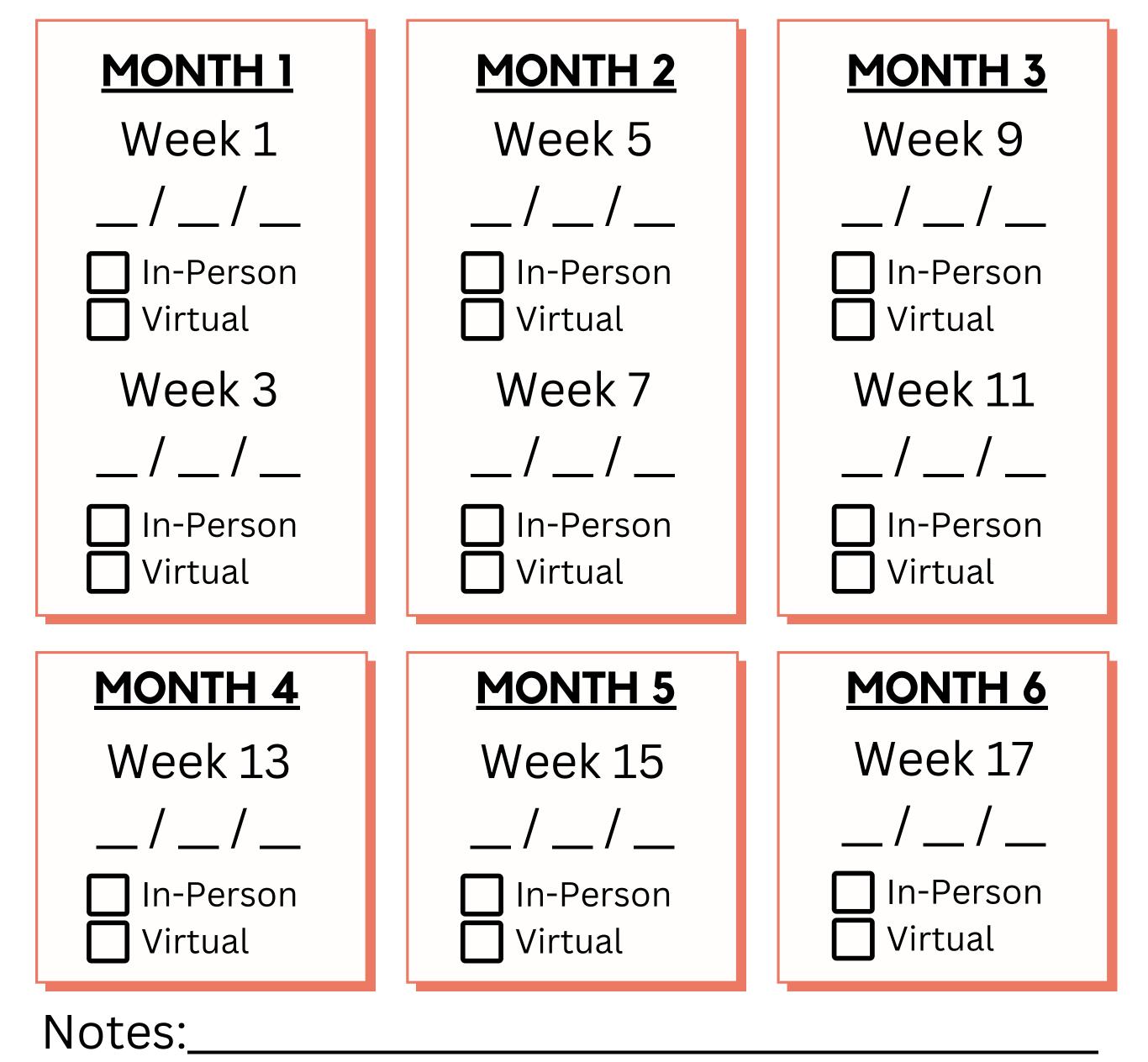
Day 1: Fill out the following:

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

Daily: Complete the "Daily Checklist"

Periodically: Revisit "Food" and "Behavioral Modifications"

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



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.

