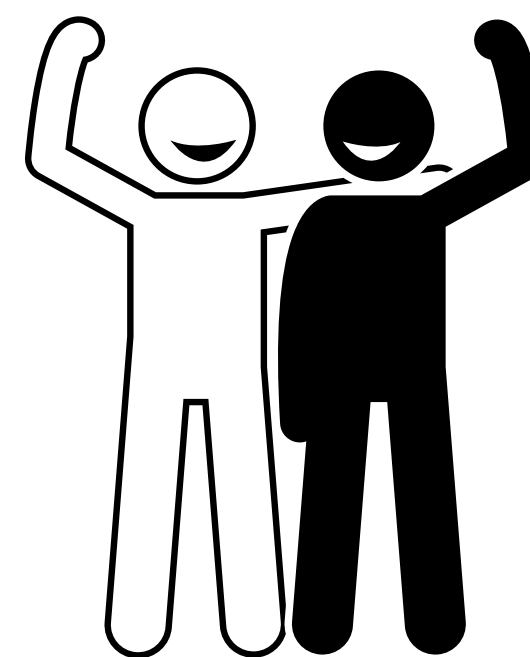


Evidence Based Weight Loss: Weekly Checklist

**YOU CAN
DO IT!**



Great job continuing the program!

Something I did well this week:

Something I want to change next week:

Plan one diet, behavior, or physical activity goal below

| | |
|------------|-------|
| Sun | _____ |
| Mon | _____ |
| Tue | _____ |
| Wed | _____ |
| Thu | _____ |
| Fri | _____ |
| Sat | _____ |

Source: <https://www.aafp.org/pubs/afp/issues/2017/0915/p362.html>

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.

