

Baseline Battle: What you need to know about yourself before you begin any weight loss, fitness program in order to have LONG LASTING Success:

Let's take the next 4 weeks and see how you do. Make TWO copies of this and at the end of 8 weeks, repeat the process!

My Self-Pre Assessment

My History

*Today's Date _____

*My Age _____

*My Height _____

*My Current Weight _____

*My Target Weight _____

*I intend to lose a total of _____ pounds.

*My body fat _____%

Measurements:

Waist _____

Abdomen (2 inches below belly button) _____

Chest _____

Right Arm _____

Hips _____

Upper Thigh _____

Calf _____

My top five reasons why I MUST lose weight are:

1. _____
2. _____
3. _____
4. _____
5. _____

My top 5 reasons why I haven't lost the weight before now? What has prevented me from accomplishing this goal?

1. _____
2. _____
3. _____
4. _____
5. _____

Five behaviors I MUST change right now in order to accomplish my goal?

1. _____
2. _____
3. _____
4. _____
5. _____