



WEIGHT LOSS GOALS WORKBOOK

Why wait to lose weight?
Start right now with the very
first (and super important) step.
Setting your goals.





you've got something to lose™

Most people do! Wanting to lose weight doesn't make you shallow or superficial. You've been honest with yourself and have decided to work at being better shape. Working on yourself and your health is a form of self-love. You deserve to be confident, happy and healthy. Own it!

SEE YOUR VISION CLEARLY

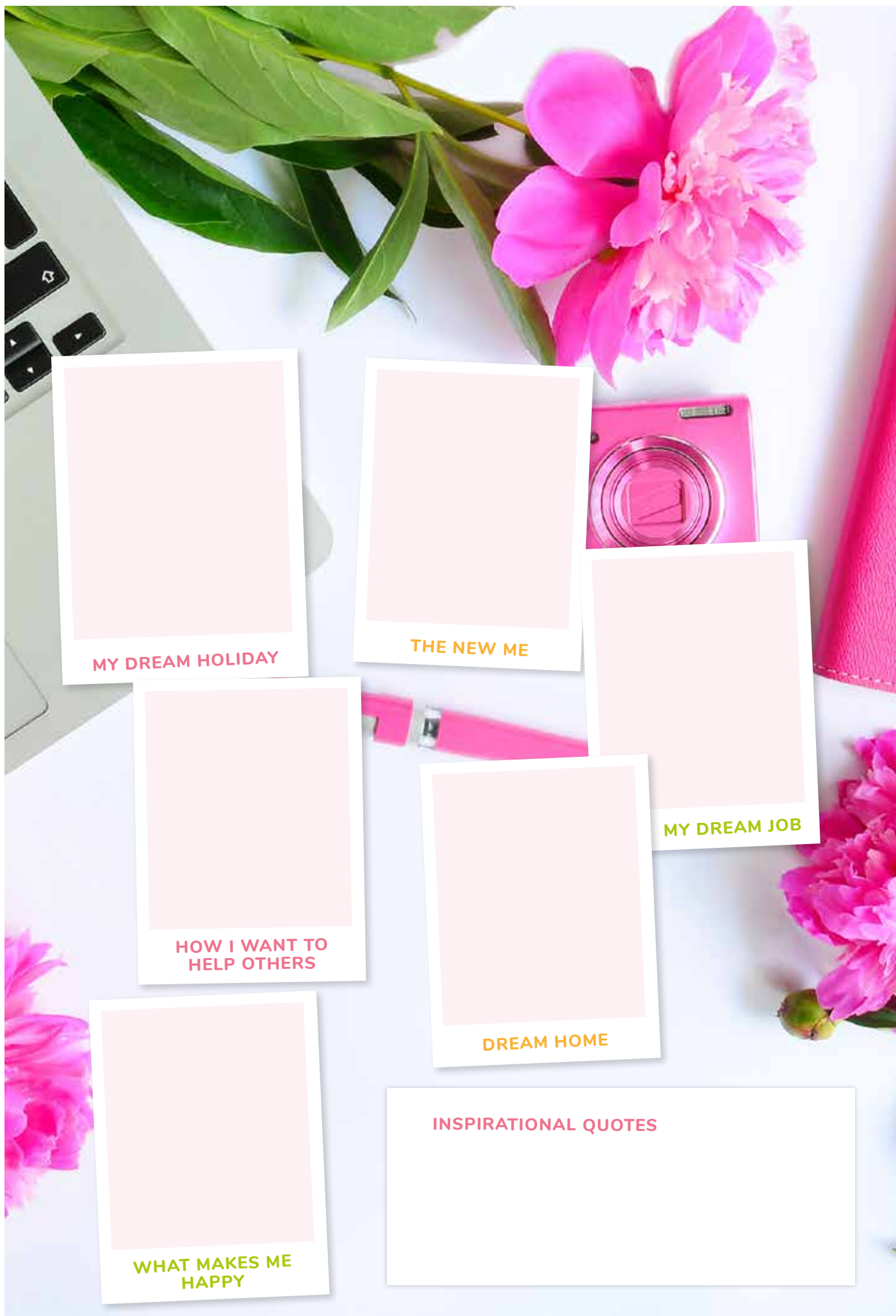
Keeping your intentions at the forefront of your mind helps not only with motivation, but also as a reminder of the real reason behind embarking on this journey; it's about SO much more than just being slim!

One of the most effective ways to do this is to clearly map out the perfect picture of you and your life with a vision board.

We've created a template for you to fill out. Feel free to stick your pictures and write your words all over the template, or you can go all out and make a massive cardboard version to clearly show you your goals!

HINT: Your weight loss goals should definitely be a feature, but make sure you include visions of your other life goals too!





MY DREAM HOLIDAY

THE NEW ME

MY DREAM JOB

HOW I WANT TO
HELP OTHERS

DREAM HOME

WHAT MAKES ME
HAPPY

INSPIRATIONAL QUOTES



break it down!™

Having a positive vision for the future is a great start!

OUR RESIDENT HAPPINESS EXPERT (AND PSYCHOLOGIST EXTRAORDINAIRE) DR HAPPY SUGGESTS THAT WE'RE FAR MORE LIKELY TO ENJOY HAPPINESS AND SUCCESS IF WE TURN OUR VISION IN TO SPECIFIC AND MEASURABLE GOALS.

GET SMART!

People who set **SMART** goals are far more likely to achieve them than those who set vague, non-specific ones. What are **SMART** goals? Well, they're clever because they're more thought out. They're also a fab acronym that stands for:

SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT & TIMED

Your challenge now, therefore, is to break down aspects of your vision in to smaller, manageable chunks that are defined in as much detail as possible. They need to be measured so as to allow tracking of progress and should also be realistic and authentically yours. Finally, they need to be timed with beginning and end dates to ensure you have something to work towards.

YOU CAN DO IT!

To help work out your **SMART** goals for weight loss, we've created the following worksheets. These will definitely work for any of the life goals on your vision board, so be sure to keep them on hand!

specific

MY GOAL:	
WHY I WANT TO REACH THIS GOAL:	
CURRENT WEIGHT:	GOAL WEIGHT:

measurable

The first thing you need is somewhere to record your progress and fabulous results. You could do this on a spreadsheet, or in an app, but personally we loved making an actual diary, as it was visual, tactile and motivating.

WE RECOMMEND TAKING PUTTING PEN TO PAPER BY USING THE TEMPLATE BELOW!

	DATE	WEIGHT	CHEST	WAIST	TUMMY	HIPS	THIGHS	BICEP	LOST SO FAR
GOAL									

**MAKE SURE YOUR GOALS ARE ACHIEVEABLE AND RELEVANT.
IN TERMS OF WEIGHT LOSS, YOUR GOAL SHOULD IDEALLY BE BASED
AROUND YOUR TDEE – CALCULATE YOURS HERE.**



It's good to set a future goal date for your long-term goal. After all, weight loss doesn't happen overnight. But holding out for a win for a long time can be really discouraging.

STEP BY STEP

So, what you should do is set short-term goals that lead to your long-term ones to set yourself up for frequent, encouraging wins. It's also a great way to keep track of how you are progressing.

STEPPING STONE GOALS

TO GET STARTED, MY GOAL FOR THIS WEEK IS TO:

Think of this one as your first step. It can be anything from walking for 20 minutes every day to cutting out sugar for one day. It just needs to be small enough to achieve in a week and ultimately lead you to your main goal of weight loss.

TO HEAD IN THE RIGHT DIRECTION, WHAT SHOULD I HAVE ACHIEVED IN A MONTH?

You may set yourself a weight loss goal such as losing a kilo or two, or you can set yourself the goal of an activity streak. For example, you might decide to try and diet for two days a week for a month.

TO GET CLOSER TO MY WEIGHT LOSS GOAL,
I NEED TO BE DOING THESE THINGS IN THREE MONTHS:

You can start to set projected weight loss goals from now, but also make them fun! Think of clothes you might want to be able to wear or even challenging things you might want to achieve. For example, jogging for 10 minutes.

TO GET CLOSER TO MY WEIGHT LOSS GOAL,
I NEED TO BE DOING THESE THINGS IN SIX MONTHS:

Continue to project your weight loss goals from now and your fun goals!



A LITTLE PROGRESS

EACH DAY

ADDS UP TO

BIG RESULTS

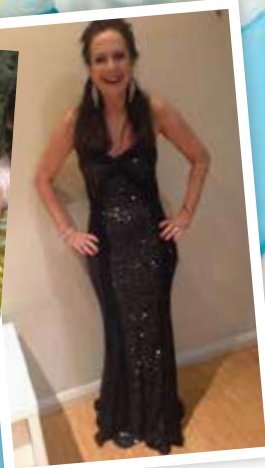
KEEP ON KEEPIN' ON

Reviewing your goals is something you should be doing once a week. Not only to set your weekly goals, but also to remind yourself of your big vision.

Get in the habit of setting aside some time at the beginning or end of each week to reflect on your progress and build on it with some new goals.



VICTORIA BLACK
CO-FOUNDER &
CHIEF FUN OFFICER
10KG LOST!



REACH YOUR WEIGHT
LOSS GOALS WITH

superfastdiet

Once you kick start your year by keeping your holiday weight down you may want to think about deeper, long term goals... what can 2018 mean for you?

Maybe your New Year's resolution can be to finally reach the potential of who you really are... a super version of fabulous you, inside and out.

SuperFastDiet is your part-time, unbreakable diet for busy women... with a life. This is a weight loss revolution helping you lose weight for good while keeping your food, wine and LIFESTYLE intact!

Come join us!

Love,
The SuperStaffers



ROSEMARY SLADE
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CHIEF WORD POLISHER
13KG LOST!



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CHIEF CHEERLEADER
30KG LOST!



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SASS CONSULTANT
20KG LOST!

JOIN IN JANUARY TO GET THE
½ PRICE FOUNDATION SPECIAL!

FIND OUT MORE AT WWW.SUPERFASTDIET.COM