



my goal weight: choosing a goal weight

Now it's time for the fun part. Choosing a goal weight is a critical part of your success, but it's important to choose a goal weight that's achievable, as well as one that will motivate and inspire you on the road to success.

There are a few tools you'll need to understand in order to choose the right goal weight for you. The first of which is weighing yourself.

PART ONE: Setting an initial goal to get you started

Sometimes, there is energy in simply getting started without too much preamble or fuss. So, if you feel like you're ready to get going, then capitalising on that energy — while it's available to you — can be a worthwhile strategy to kick off your weight loss and set you on the right track towards a healthy lifestyle.

Unrealistic goal setting can be one of the biggest hindrances to successful weight loss. So, it's important to set a goal that's specific, but also realistic and sustainable long-term. Experts agree that a realistic, achievable first goal for a new weight loss program is in the vicinity of 5-10% of your current weight. Below is a guide to setting your realistic first weight loss goal.

1

What is your current weight?

2

What is 5-10% of your current weight? (For 10%, multiply your current weight by 0.10. For 5%, multiply your current weight by 0.05.)

3

First weight loss goal? (subtract the above answer from your current weight)

NOTES



PART TWO: What is BMI? And what's a healthy BMI?

BMI stands for Body Mass Index, and it's one tool for measuring your weight based on how tall you are. It's calculated by dividing your weight in kilos by your height in metres squared. The healthy or 'normal' range BMI is from 20-25 (a little higher if you're muscular). 26-30 is considered overweight, 18.5 and under is considered underweight and 30+ is considered, medically, as 'obese'. For example, a 157cm woman who weighs 65kg would have a BMI of 26.4.

Keep in mind that BMI doesn't take into account age, gender, ethnicity or body composition, so it is an estimate of a healthy or 'normal' weight only.

BMI calculation: $\text{kg} \div (\text{height} \text{ m}^2) =$

(hint: do the part in the brackets first).

PART THREE: What's the right goal weight for you?

Although BMI, TDEE and percentage based goals can be helpful, the only person who can really decide the right goal weight for you is... YOU! There are several factors to consider, in addition to the above numeric guides, which might help you come to a good decision about the right goal weight for you.

1

Your highest ever weight

2

Your lowest ever weight

3

Your "happy" weight

This "happy weight" number should fall somewhere in between the other two, where the scale tends to land when you eat healthily and exercise, but not obsessively so. Even if you haven't been this weight in a decade or more, your "happy weight" is generally somewhere in between your lowest and highest weights.

As a helpful guide, you can generally expect to lose around 0.45kg to 1kg per week with the 3DD method. So, factor this into your planning, when you think about the timeframe in which you'd like to lose weight. Especially if you have a particular event, or date, in mind for the big reveal of your new bod!