

# Weight Loss Goals

Get  
**Gorgeous**  
Leaner, fitter, shapelier you



In the next 12 weeks what are your goals, what do you hope to achieve?

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Your goals need to be very clear and specific, with a date in it. Above all your weight loss goal needs to be obtainable.

What do you want to achieve in the next 12 weeks? What do you want in the next year? The next 3 years?

Consider your goal in terms of being really detailed, so drill down into your subconscious, mull it over and come up with your real reasoning. It will be so much more powerful, if you take the time to understand yourself. Please allow your goals to be accessible, within your grasp.

**To help you set your outcome goal, but only for your information:**

**For fat loss:**

Excellent is ½ to 1% body fat lost every 2-4 weeks.

Average is ½ % body fat lost every 4 weeks.

Poor is less than ½ % lost every 4 weeks.

**For instance, your 12-week goal could be:**

I want to lose 4% body fat over the next 12 weeks by 5th April 2016.

Weight loss objectives in the next 12 weeks:

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Weight loss objective in the next year:

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Weight loss objective in the next three years:

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