



GOALS

Your health should be a top priority. Good health doesn't happen overnight, but rather it should be a way of life. Without your health, your quality of life can be drastically reduced. Life is a gift that should be nourished and protected to promote longevity and maintain good health.

This worksheet helps you analyze your current health status and the potential health risks to which you may be prone, should you remain overweight.

- Start by listing any health related risks or problems that you would like to improve.

- 1.
- 2.
- 3.
- 4.
- 5.

- How can you improve or reduce these health risks and problems?

- 1.
- 2.
- 3.
- 4.
- 5.

- Name five things that you don't or can't do because of your current weight status?

- 1.
- 2.
- 3.
- 4.
- 5.

- Name five activities you will do when you lose your weight?

- 1.
- 2.
- 3.
- 4.
- 5.



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Being overweight or obese can increase your risk of developing one or more of the following diseases.

- On a scale from 1-10, how concerned are you about developing one of these diseases?

Type 2 diabetes

High blood pressure

Heart disease and strokes

Certain types of cancer

Sleep apnea

Osteoarthritis

Fatty liver disease

Kidney disease

Gout

Gallbladder disease