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**CHECKLIST FOR YOUR**  
*Lifestyle Changes*

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# YOUR GUIDE TO SETTING UP AND CHECKING TASKS

YOU NEED TO BE PREPARED FOR LIFESTYLE CHANGE

The Checklist is designed to give you focus to assist in implementing positive changes to your lifestyle. It helps you plan what you need to do to be ready to implement change. It's food for thought.

- Have you planned when you will exercise throughout the week?
- Have you planned your meals for the week?
- Do you have a water bottle to take with you?
- Do you have your workout clothes ready?
- Have you set a monthly goal?
- Have you set a weekly goal?

**Write your monthly goal:**

- 1:
- 2:
- 3:
- 4:

**What are your rewards for when you achieve these goals?** (E.g. movie tickets or a facial)

- 1:
- 2:
- 3:
- 4:
- 5:
- 6:

**Workout which day of the week you will take your measurements?**

- 1:

**Have a list of activities you can do throughout the day to move more.**

(E.g. taking the stairs or getting off the bus one stop earlier)

- 1:
- 2:

**List out possible obstacles and develop a strategy to overcome these obstacles.**

- 1:
- 2:
- 3:

**HAVE A DIARY AND KEEP NOTES ON YOUR PROGRESS.**