

My Mission Statement for Healthy Weight and Well-Being

Through being more mindful and paying better attention to my health and well-being, I will lose 25 pounds by _____, and keep it off over the following year and beyond. *(insert date)*

Beginning Goals, _____ *(insert date)*

- I will practice some level of mindfulness every day, with a goal of increasing the amount every week.
- I will walk at least 5,000 steps (measured by a pedometer) or half an hour every day, and slowly increase this each week until I reach 10,000 steps or one hour per day.
- I will buy more fruits and vegetables.
- I will not buy any sugary sodas.

Revised Goals, _____ *(insert date)*

- I will work on being mindful for at least two hours a day, with a goal of increasing the amount every week.
- I will walk at least 10,000 steps every day.

