



www.nhsforthvalley.com/weight

My achievements so far....

Noting down your achievements will show you how well you've been doing, this will help keep you motivated and on track.

List the positive changes you have made to your eating habits – have you changed the way you think about food, the types and amounts of food eaten, what you buy, how you deal with urges to eat, where you eat out??

List the positive changes you have made to being more active and less sedentary - have you been more active around your home, added in extra walks to your daily routine, taken up a new activity, reduced amount of time sitting at work or at home??

List all the positive changes that have happened since you have been managing your weight. It could be that you are feeling more energetic, fitting into different size clothes, generally feeling better, improvement in health condition such as blood pressure, diabetes, joint pain??

What are your plans to keep going – to keep this weight off for good??

Still Struggling: What Next?

If you have completed this workbook and gone through the 'Choose To Lose' web pages but still feel you are struggling to manage your weight then contact your GP or Practice Nurse for suggestions of weight management services in your local area.

They may be able to refer you into the NHS Forth Valley Weight Management Service.

For this referral you must meet certain criteria.

It may also be worthwhile investigating if there are any commercial slimming groups in your area – some people find the support and ideas from other members is just what they need to help get them started on their weight loss journey.