

Your Goals

Based on the program expectations and goals, it's time to set your personal goals for the next 3 months.

Activity Goal

In the next 3-6 months, I will get at least 150 minutes of activity each week at a moderate pace.

Metabolic Health Goal

Looking to improve your whole body health means paying close attention to your metabolic health. What does that mean? It means paying attention to all the components that go into having a healthy body: cholesterol, blood pressure, blood sugar, and your Body Mass Index (BMI). From your health records, identify where you fall in the following categories:

Biometric	Your Current Results	Target	Your Goal
Total Cholesterol:		<200	
LDL (Low Density Lipoprotein):		<100 (optimal) 100-129 (near optimal)	
HDL (High Density Lipoprotein):		>40 >50	
Triglycerides:		<150 fasting	
BMI		18.5-24.9 18.5-22.9 (Asian/South Asian)	
Blood Sugar		<99 fasting	
HgbA1c		<5.7	
Blood Pressure (BP) -Systolic		<120	
Blood Pressure (BP) -Diastolic		<80	

Your Goals

Weight Goal

One goal of this program is to work toward a healthy weight which may mean losing at least 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, you would lose 10 to 14 pounds. Fill in the following table using the steps below.

I currently weigh ___ pounds.
In the next 3-6 months, I want to (choose one of the options below):
Lose at least 5/6/7 percent of my body weight
Lose at least ___ pounds
Reach ___ pounds
Maintain my current weight

Nutrition Goal

Goals for improving nutrition can take many forms. Here are a few examples:

- I will drink fewer sweetened beverages
- I will eat more nutrient-rich foods including fruits, vegetables, whole grains, lean proteins, beans, legumes and plant based fats
- I will eat more fiber; work up to at least 25 grams per day from nutrient-rich foods