

I am ready to lose weight and live better!

Over the next 3 months I will learn how to make changes in my lifestyle to help prevent chronic diseases. I may have tried losing weight before with mixed results. Now I am ready to try a new way. This will be a lifestyle change and not a quick fix diet. I am excited to get started on this journey!

My Goals

- 1. Be active at least 2½ hours each week**
- 2. Reduce my body weight by 5%**

I am counting on myself to:

- Check with my health care provider to be sure it is safe for me to begin this program.
- Attend all monthly weigh-ins.
- Review the www.okcfox.com website each week.
- Do my best to make healthy choices.
- Keep a record of my activity, eating, and drinking each day.
- Get 7-9 hours of sleep each night.
- Be honest with myself.

I need to remember that becoming healthier is a life long journey; my habits over the next few years are key to preventing chronic diseases.

Small changes can have a big reward!

