

My slim^{tlc}[®] Power Pill Worksheet

Fill in the blanks:

Top three reasons I want to lose weight:

1. _____
2. _____
3. _____

My weight loss companion: _____

I will also report my progress to: _____

Three enjoyable options for staying active:

1. _____
2. _____
3. _____

Goals and Rewards:

Goal	Time Frame	Reward