

Review your eating goals



By reviewing the goals you set yourself last week you will be able to see:

- What you have achieved
- What has not worked so well
- Which goals you want to change

How many days did you reach your eating goals last week?

These are the goals you set last week:

I will reduce the portion size of my lunch and evening meal by a quarter	Days	0	1	2	3	4	5	6	7
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I will not eat the foods from the amber list any more than three times a day	Days	0	1	2	3	4	5	6	7
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I will only have take away once a month	Days	0	1	2	3	4	5	6	7
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Click **Next** to see how well you have done

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Congratulations!

You have achieved your goals. Keep up the good work.

On the next page you can look at the goals you set last time.

Since you are doing so well you may want to stick with these goals or maybe you want to change some or even add some more goals to keep helping you to lose weight.



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Excellent, Click **Next** to see last week's goals.

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