



# My Success Planner

Stay focused, set goals, and see your progress.



# This is your journey

Every trip starts with a destination, no matter how many detours you end up taking. Think of this booklet as your place to record and reflect on every amazing step. Set your longer-term weight goals and non-scale goals (5K, anyone?) below — they give you a direction to travel in. Every four weeks, you'll reflect on your progress, break your bigger goals into smaller ones, and celebrate your wins along the way.

You'll also use this booklet to set weekly goals, write down things you're proud of, and map out your week. At your Workshop, you'll talk to your team about how your weekly goals are coming along.

Remember, this is a journey, not a race, and the ultimate reward is a healthier you.

My weight-loss or maintenance goal:

Non-scale goals:

Name:

Week starting:

Daily SmartPoints® Budget:

Weekly SmartPoints Budget:

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## Setting weekly goals

It's a whole lot easier to reach your ultimate, high-five-able goal if you break it down into smaller, more reachable ones.

That's why each week in your Workshop you'll set one small, weekly goal that, over time, can ladder up to something big.

**Some advice:** You're more likely to reach any goal if you make it...

### Specific

**Rather than:** "I'll eat healthier."

**Try:** "I'll pack a salad with chicken for lunch on Monday and Wednesday."

### Truly doable

**Rather than:** "I'll start being active by running 5 miles each morning."

**Try:** "I'll start by walking a mile each morning."

### Active

**Rather than:** "I want to stop eating sweets after dinner."

**Try:** "I'll start having a piece of fruit after dinner if I want something sweet."

### Relevant

**Rather than:** "I want to get back into my jeans."

**Try:** "I want to feel great in a swimsuit for my upcoming holiday."

Keep in mind that change doesn't happen by accident. It happens by setting goals and learning from the experience.

→ See how other members are reaching their goals.  
It's all on Connect in the WW app.

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# The power of why

We talk a lot about the importance of finding your why, how it's different from your goals, and how to use it to fuel your journey.

Writing down your why can make it even more powerful. If it changes over time, just update it!

**Quick tip:** When you need a boost of inspiration, remind yourself of your why.

## My why

Get inspired with [#100daysofwhy](#) on Connect in the WW app.

# My week

Date: \_\_\_\_\_

Today's weight: \_\_\_\_\_

Weight change: \_\_\_\_\_ Total weight loss: \_\_\_\_\_

## Reflecting back

What's something you felt really good about this week?

### How did things go with your weekly goal?

- ☐ I smashed it!
- ☐ Not bad.
- ☐ I could do with some help.

## Looking ahead

My goal for this week is...  
(Make it a STAR.)

## Notes from my Workshop

Inspiration, ah-ha's, to do's, etc.

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My weight-loss or maintenance goal for the next 4 weeks:

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Non-scale goal(s) I'm working towards:

Want some inspiration? Check out [#goalsetting](#) on Connect in the WW app.

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Share your #NSVs\* on Connect!

\*Non-scale victories

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**#myWW**



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**that Works.™**

