



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

My non-scale goal(s)

Name

Week starting

Daily SmartPoints® Budget

Weekly SmartPoints Budget

Setting weekly goals

It's a whole lot easier to reach your ultimate, fist-pump-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 a...

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 five 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 fit into my jeans from high school."

Try "I want to feel great in a bathing suit for my upcoming vacation."

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.



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 rocked it!
- Hey, not bad.
- I could use some help.

Looking ahead

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

Notes from my Workshop

Inspiration, ahas, to-dos, etc.

This space is for you

Got a special event or busy week coming up and want to think through your options? Here's your space to strategize. Want to preplan your meals? We've got you covered. Use this however you want to make the most of your week.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

My week

Date

Today's weight

Weight change

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Take a moment...

Now that a few weeks have gone by, take a look at the weekly goals you set and the progress you made. What will you continue working on? What tweaks will you make to the goals you set?

My weight-loss or maintenance goal for the next four weeks

My non-scale goal(s)

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

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Now that a few more weeks have gone by, take a look at the weekly goals you set and the progress you made. What will you continue working on? What tweaks will you make to the goals you set?

My weight-loss or maintenance goal for the next four weeks

My non-scale goal(s)

Share your non-scale victories on Connect with **#NSVs!**

What you
think
determines
how you
feel,
which
determines
what you
do.

Join the conversation!
Share with **#bettertogether**
on Connect.



WW.com
#myWWplus

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Wellness
that Works.™

