

MY HEALTH ON MY TERMS

ACTION PLAN

1

Set specific and realistic goals

Here are some examples of short and long-term goals to inspire you:

Short-term goals:



Make an appointment with your healthcare provider



Take a 15-minute walk after a meal



Take the stairs instead of the escalator or elevator



Prepare meals for busy days



Drink a glass of water before each meal

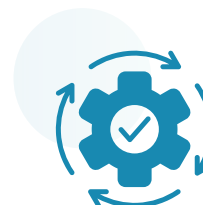
Long-term goals:



Work with your doctor to develop an obesity care plan that is customized to your needs



Incorporate regular physical activity into your routine



Track your progress and adjust your goals as needed

2

Build a support system



Partner with a family member or friend who shares similar health goals



Schedule regular physical activity or walking sessions together



Share your goals and progress to stay motivated and accountable



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3 Prepare for your appointment with your healthcare provider

- You may want to use the Healthcare Provider Conversation Starter as a framework to prepare for this appointment
- Remember, it's important for you to feel comfortable having open and supportive conversations with your healthcare provider. If you ever feel blamed or unsupported, it's okay to get a second opinion. Your health and well-being are important

4 Track your progress



Keep track of your weight and other health parameters¹



Reflecting on your progress can help you spot challenges and work with your HCP to make any needed adjustments¹

5 Celebrate your success



Recognize all your accomplishments along the way. Even the small victories, like meeting a short-term goal, deserve to be acknowledged.¹



1. <https://www.aace.com/patient-journey/obesity/care-and-continuity> (Accessed August 2, 2024).



Scan for additional resources

