THE WEIGHT WATCHERS BLOGGER
WEIGHT LOSS ACTION PLAN

2008

WHY	HOW	WHO	WHEN	WHERE

Why- List the reasons why you want to lose the weight.

How- How do you plan to lose the weight.

Who- List your support person or people here.

When- List your target date, the date you hope to lose the weight by.

Where- Fun! Where will you go once you reach your target weight, list where you would celebrate

* Please listen to the Podcast for a detailed understanding of how this list works.