

### **3-2-1 DIETtrifecta Action Plan**

This diet action plan is here to help you set clear, feasible expectations and set you on a path to success. Keep this plan handy, so that you may reference it when you may need a little extra incentive and reminder of why you set on this course initially. ☺ By writing and thinking about your goals, you are giving meaning and depth to your weight loss journey, thus giving you a greater chance for success.

#### **MY DIET-TRI:**

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#### **SHORT TERM GOAL:**

What is your 6 month dieting goal? Do you have specific weight loss benchmarks you hope to hit? Do you have health goals to obtain? What do **you** hope to change or accomplish within the next 6 months?

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#### **LONG TERM GOAL:**

What is your life dieting goal? Do you hope to maintain your weight and/or lifestyle? What do **you** hope to take with you as you start your weight loss journey?

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#### **CREATE YOUR 3-2-1 DIETTRIFECTA ACTION PLAN**

**ACTION:** These three (3) things I currently do very well and will help me diet successfully:

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**ACTION:** These two (2) things I need to change slightly so that I may diet more successfully:

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**ACTION:** This one (1) thing I must stop doing completely so that my weight loss journey is successful:

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