



## Activity 1 *(cont.)*

### **Step 3: Identify your target silhouette**

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- » This is one step below your current silhouette. Refer to the charts above to determine your target silhouette.

### **Step 4: Find your target body weight**

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- » Multiply current body weight by 0.1  
**Example: 160 lbs x 0.1 = 16 lbs**
- » Subtract that value from current weight  
**Example: 160 – 16 = 144 lbs**
- » The answer is your target body weight (144 lbs) and the 10 % (16 lbs) is your target six-month weight loss goal.

### **Step 5: Spend at least 6 months reaching and maintaining your new target set point**

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- » Over the next so many weeks you will get started on the path towards your new set point. From there you will continue setting goals and working to attain your goal body weight, losing no more than a pound or two per week.

## Activity 1 Results: Your Stats & Goals

Record your numbers that you've determine over the course of Activity 1. This is your starting point. You can refer back to these numbers to keep your goals on track.

**Start Date:**

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**Current Silhouette:**

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**Target Silhouette:**

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**Current Weight:**

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**Target Weight:**

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