

Pros and Cons List



Working hard at losing weight is a big commitment. It involves changing many different parts of your life. It is normal to have good reasons to change right now and good reasons not to change right now.

Think of all the things you think you need to do to lose weight. Do you like doing those things? Do they make you feel good or bad? Do you have time to do them?

Instructions

Make a list of all the **good reasons to make changes now** to lose weight. Then make a list of all the good reasons you think now might not be the best time to make changes to lose weight. Look at the two lists to decide if now is a good time to try losing weight.

Good reasons to try losing weight now:

Things that concern me about trying to lose weight now:

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