

Best Weigh Action Plan

Each Sunday, use your weekly Assessments to: 1) Confirm or **modify** your previous week's New Direction for how you will continue it long-term, and 2) **Add** 1 or 2 new New Direction(s) into your Best Weigh Plan that you are willing to Implement over the next 7 days. Refer to the list of suggested New Directions online.

Week	New Direction
1	
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12	