

# Cityline Weight Loss Challenge 2017

## Your “Why” Sheet

Prior to beginning any new challenge – health or other – I am a big advocate of finding out your “why”. By doing so, you will tap into the motivation; desire and reason you want to make the change. Not only will this help to inspire you to begin, you will enjoy reflecting back on your “why” sheet as you notice various health changes along our journey together.

When beginning the program, I suggest starting a Cityline Weight Loss challenge binder (this is of course personal to you). Keep your “why” sheet as the first page of your binder and check back on this sheet from time to time – it helps to keep you going!

Your “why” questions are:

1) I am joining the Cityline Weight Loss challenge to feel:

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2) My health goals in 2017 are:

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3) It would be a major breakthrough if I was able to:

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4) If I can improve my health and lose weight, the benefits would be:

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5) Those who will support me along the way include (my husband, my kids, my friends, Dr. Joey, Cityline Facebook group):

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6) Currently, my energy out of 10 is (10 is great energy, zero is no energy):

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7) The health habit I would like to improve on most is (i.e. reduce sugar, drink more water, stop late night eating etc.)

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