

Mapping your “Best Weight” Journey

Name _____

Date _____

Your “Best Weight” is a weight you achieve while living the healthiest lifestyle you can truly enjoy.

It’s important to know that your “best weight” is probably not the same as your goal weight. Your best weight may also not be one specific number, but rather a range where you have the health benefits of weight loss while living a lifestyle that you enjoy.

Below is an example of what a weight journey may look like. It’s normal for your numbers to go up and down as you find and maintain your best weight.



BEST weight: A sustainable weight range that supports your health and happiness.

GOAL weight: A specific, ideal weight that you want to reach.



You may find as you get closer to your best weight that your weight loss slows down, which we refer to as a weight plateau. This is a normal response to protect against too much weight loss, as your body sees it as a threat to its survival.

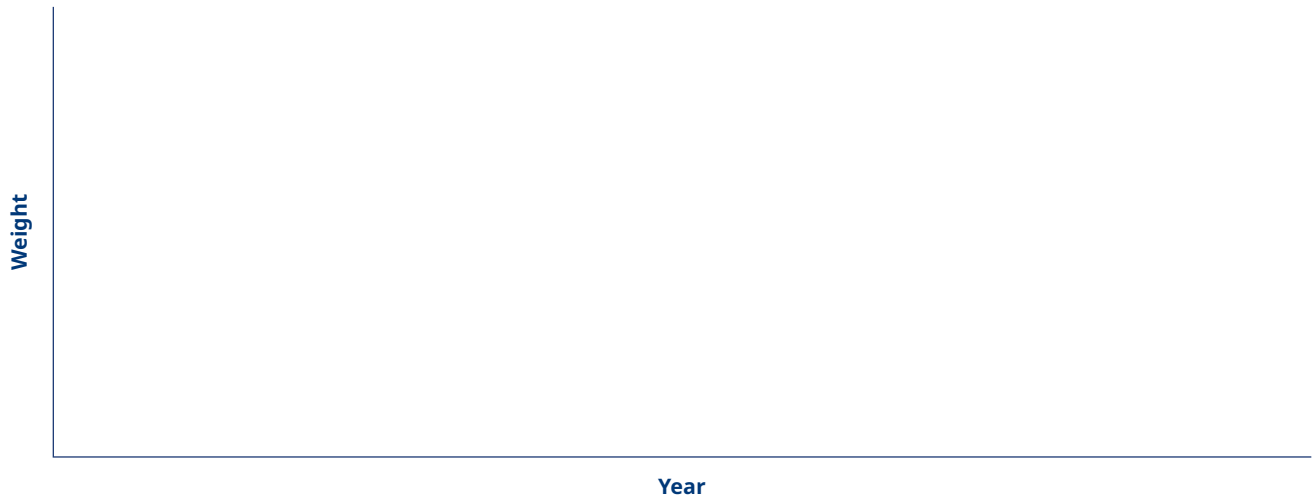
Everyone’s weight journey is unique, and is often not a straight path.

Charting your story

Draw your weight history below, and include important events and changes that you think account for some of the weight fluctuations over the years.

The goal is to understand your overall story.

Here are a few examples of life events you might want to include: college/university, hormonal changes (pregnancy or aging), commercial weight loss program, longer distance to work



Understanding your weight journey

To add even more context to your graph, consider the following questions to provide a fuller picture of your weight journey:

1. What do you think are the most important or life events that contributed to your weight changes in the past?

2. What was your highest and lowest weight as an adult?

3. Is there anything that wasn't captured in the graph that your healthcare professional should know about?

Bring your chart and your answers to your next appointment with your healthcare professional so you can discuss your story and strategies to maintain your best weight.

Reference: Freedhoff Y, Sharma AM. Best weight: a practical guide to office-based obesity management. Canadian Obesity Network; 2010.



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