

# The Surefire Way to Lose 20 Pounds This Year

Gena Mayo ~ [ichoosejoy.org](http://ichoosejoy.org)

Use this worksheet to create your weight-loss plan:

1. What is your health and weight-loss goal?

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2. Why do you want to lose weight?

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3. Which Scripture verses are most meaningful and encouraging to you in making these changes in your life? Write them out here:

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4. What tools, books, apps, DVDs, websites, services, accountability, etc. will you use to help you reach your health goals?

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5. What tip from Gena's workshop do you want to remember? Write it here.

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6. What type of exercise will you do and how often?

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