

By week 10 graduation I will have achieved:

**Week 6** - My goals are:

**Week 7** - My goals are:

**Week 8** - My goals are:

**Week 9** - My goals are:

**Week 10** - My goals are:

You have completed the 10-week **Live Life Well** programme. Congratulations.

What have you achieved over the past 10 weeks? .....

How have you achieved it? .....

How do you feel now? .....

Total weight loss

Total cm/inch loss



Innovation in Nutrition

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Healthy PKU Living

### Setting goals helps to focus your aims

Documenting your progress will help maintain your motivation and recognise what you achieve along the way.

What is your Live Live Well 10-week programme goal? .....

Why is achieving your goal important to you? .....

How will you feel when you have achieved your goal? .....

### Now you know what you want to achieve, let's make sure you can do it!

What do you need to achieve your goal? .....

What could stop you from achieving your goal? .....

What are you going to do to make sure this doesn't stop you achieving your goal? .....

### My milestones

Set your own mini-milestones to help keep you on track and tick them off once you have achieved them.

Milestone	I achieved it
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

### Live Life Well 10-week Programme Progress Map

This is the start of your Live Life Well 10-week programme. Have you set your 10-week programme goals?

By week 5, I want to have achieved:

**Week 1** - My goals are:

**Week 2** - My goals are:

**Week 3** - My goals are:

**Week 4** - My goals are:

**Week 5** - My goals are:

It's week 5 and you are half way through the 10-week programme.  
What have you achieved over the past 5 weeks?

**Total weight loss**

**Total cm/inch loss**