

Welcome to your week one activity sheet!

You've chosen to start a weight management programme which is a great investment in your health! It's your first week starting the programme and we'd like you to think about how you feel about your weight.

1. How do you feel about your weight at present and how do you think you'll feel as you move closer to your goal weight?

Health values are the reasons why being healthy is important for us as individuals. It might be that being in good health is important to you so you can look after children or relatives. It could be that being in good health is important to you because you love to travel and don't want to be held back by your health.

2. Is losing weight an important part of your health values and if so, what aspects of your life will benefit from you losing weight?

Our app has been specifically developed to help you on your weight loss journey. Here you can:

- Access a community forum of likeminded people, all working towards the same goals
- Access your weekly eLearning modules
- Track your weight in your health tracker and see your progress
- Find recipes, meal plans and nutrition blogs to help you with your diet
- Access a wealth of information that will help you take care of your mental health such as stress management strategies and mindfulness exercises.
- Access physical activity exercise plans and videos to help you start moving more.



3. What type of app resources and tools do you think will be most helpful to you?

Setting out some time to firstly explore the app and then review the resources is a great way to ensure you make the most of all the resources available to you. Some people find spending 10 mins each morning reviewing their app works best whereas others prefer to schedule a longer amount of time, perhaps at the weekend, to go through and select resources that will help them focus on their goals for the week ahead.

4. When will you review the app and available resources each week?

