



## Set goals beyond the scale!

Even if you do everything right, there will be times when the scale won't budge, or the weight just doesn't seem to come off as quickly as you hoped. Don't let that discourage you!

Measure your progress in other ways:

- Set goals for fitness — running or swimming farther
- Sticking to your routine each day or week
- Set goals for healthy eating - packing your lunch for work each day or drinking the recommended daily water intake.

Celebrate each of these mini accomplishments. It is a great way to maintain your weight-loss motivation and stay inspired to stick with your program, even on days (or weeks) when the scale doesn't seem to reflect your progress!