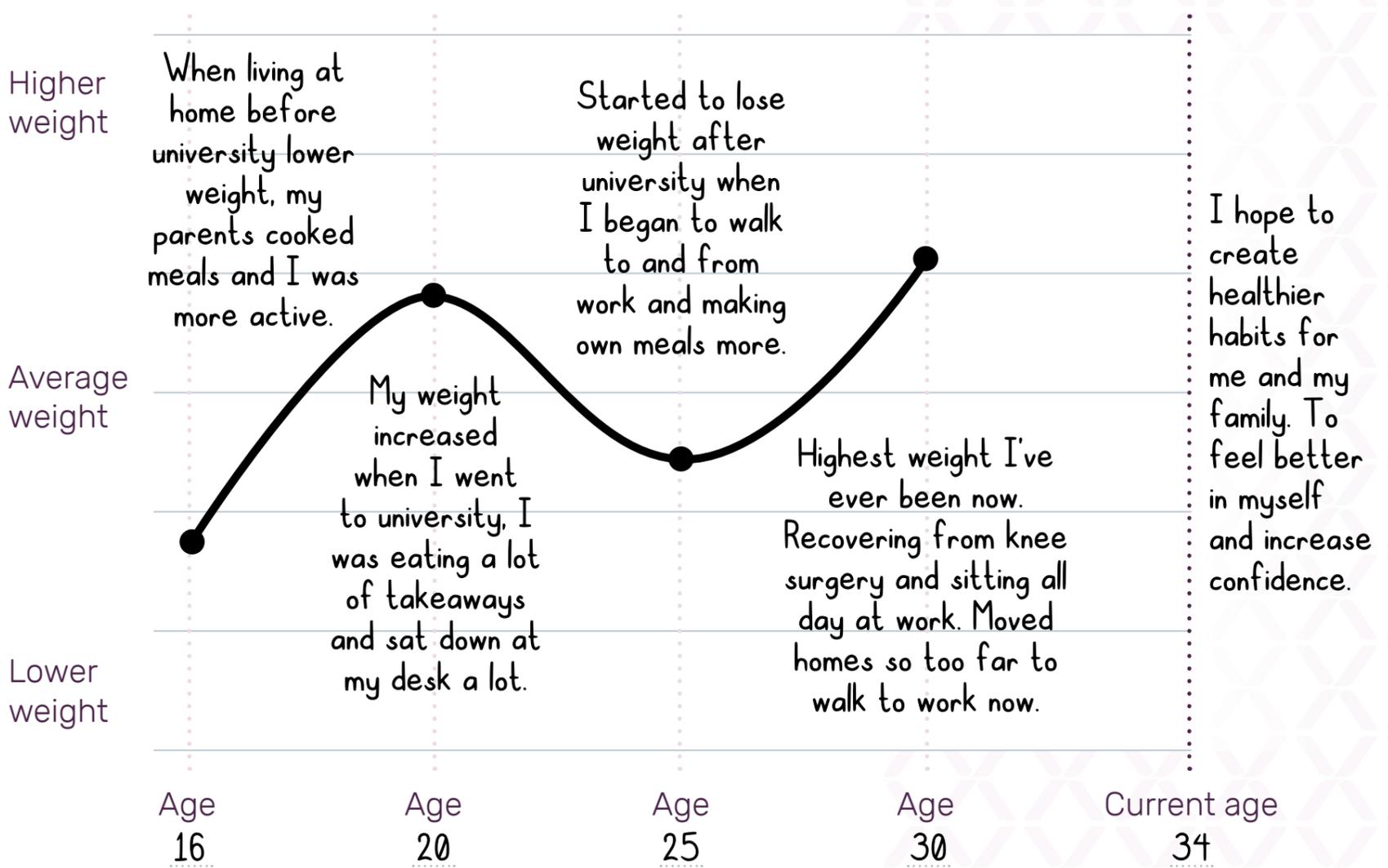


How has your weight changed over the years?

Looking back on how your weight has changed over time can help you to understand why your weight changed as it did. You can identify situations that may have been challenging and led to weight gain and identify what you were doing when you were happier with your weight. Weight is often influenced by what is going on in our lives and there may be certain events or periods of your life that caused your weight to increase or decrease.

By completing this activity, you will have a greater understanding of what helps to keep your body at a healthy weight, this can help you to set goals that will help you on your journey to a sustainable healthy weight. Use the example to help create your own timeline in the resource named 'My weight over the years template'.

Example:



Potential obstacles:

- Can only walk short distances due to knee pain.
- Finding healthy meals that the kids will enjoy too.