i HEALTH
T 2 D

Visit 8

Review

Horizon 2020
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	Visit 7	Visit 8
Weight		
BMI		
Waist circumference		

List some of the lifestyle changes you have made since visit 7:

List some of the changes you found easiest to achieve:

List some things you have found most difficult to do but achieved them anyway:

What obstacles or difficulties do you foresee in the months to come and how might you deal with them?

Visit 8: Personal Target Setting

Date	Weight	Waist Circumference

Targets Set
1
2
3
4
5
6

You may find it useful to ask yourself the following questions to help you achieve your targets:

How will I go about achieving this target? How will I know if I have met this target? Is it realistic for me to achieve this target in the amount of time I have available?

Targets Met
1
2
3
4
5
6

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