

Personal Weight Planning

Identifying an achievable target weight range requires that you consider both your biology and your environment. Like it or not, if you come from a long line of very heavy people and have been heavy most of your life, it is not likely that you will achieve super-thinness. Moreover, if you do achieve it, you will not hang on it for more than a short time. If you are serious about getting off the yo-yo weight roller-coaster, you need to set your sights on a goal that fits your personal reality.

Personal Weight Profile

Map your Personal Weight Profile by completing the three forms below. *Form 1* draws a rough picture of your genetic size inheritance and *Form 2* of your size history. Notice that your life partner is included in *Form 1*. Even though you do not share genetic material with this person, your shared environment means that his or her weight-related behaviors will influence your own. *Form 3* guides you in identifying the generic weight range recommendations for your height.

Form 1: Personal Size Inheritance

Place Xs in the columns that best describe your family members & life partner.

	Obese	Overweight	Healthy Weight	Under-weight
Parents				
Siblings				
Grandparents				
Aunts/Uncles/Cousins				
Life partner				

Form 2: Personal Size History

Place an X in the column that best describes your weight during each period of your life.

	Obese	Overweight	Healthy Weight	Underweight
0-5 years				
6-10 years				
11-15 years				
16-20 years				
21-25 years				
26-30 years				
31-35 years				
36-40 years				
41-45 years				
46-50 years				
51-55 years				
56+ years				

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Form 3: Generic recommended weight range for your height

Using the BMI Table on page 3, look up the recommended weights for your height that correspond to a BMI of 20 and one pound below a BMI of 25. This is the generic recommended healthy range for your height. In a perfect world, your weight would rest between these two numbers. In the real world, however, that may not only be impossible and trying to force your body there may cause you to gain more weight in the long run. For the moment, though, record those weights here.

Weights corresponding to a BMI of	
...	
20	25 Minus 1 pound

Personal Target Range

Now review the pattern of Xs in *Forms 1* and *2*. Look at where most of your Xs fall. If most of them fall in the Obese and Overweight columns, set your target weight range toward the higher end of the recommended range, or above it if you are currently Obese. If your family tends to be Overweight/Obese but you have never been more than Overweight, you may find it not too difficult to live within the healthy weight range. If almost no one in your family is Obese but you have always been so, give yourself the greatest chance for success by targeting a weight range at the high end or just above of the recommended range.

As you set your target, keep in mind that the only person who owns this target is you. That means if you decide it is too high or low, you can always adjust it. For now, the goal is to set your sights on a target that is reasonable given the data available to you right now.

Set your target range:

Given your Personal Weight Profile, where does your achievable weight range likely lie with respect to the generic recommended range? (Circle one.)

Bottom

Middle

Top

Above

Now pick a five to ten pound range in that area, or above, the recommended range. Record it here:

<p>Personal Target Range</p> <p>_____ To _____</p>

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BMI Table

Find your height in the column labeled Height. Your generic recommended weight range is in the highlighted columns corresponding to a BMI of 20 and 25 (minus one pound).

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

When you set your Personal Target Range, remember to subtract one pound from the number in the BMI = 25 column.