

Now is the perfect time to reflect on where you want to be in 1 year. Use the prompts below to write a 1-year letter to yourself. In the years to come, you can continue to come back to it to remind yourself of where you started. The following questions are only meant to guide you. Feel free to write anything you wish in this letter to yourself. Good luck!!

✓ How do I feel like my weight is holding me back? What do I hope will be different in 1 year?

 ✓ What activities have I stopped doing since I've gained weight that in the future I'd like to get back to?

✓ How do I feel in my clothes? How am I hoping I'll feel in the future?

✓ How does being active feel right now? In 1 year, how do I hope I will be exercising/moving my body?



✓ How would I describe my relationship with food now? What do I want it to be like in 1 year?

✓ Do I depend on certain foods to comfort me? If so, which ones and what emotions lead me to eat them?

✓ How do I know when to eat (my hunger, my feelings, time of day, etc.)? Is there anything I hope to change about this?

 Aside from my weight, how do I feel about myself? Do I want to change something about this? If so, what?



✓ List of current health problems (ex. diabetes, high blood pressure, sleep apnea, etc.) and current medications:

✓ Other things I want to change or accomplish by 1 year after surgery:

## DOCUMENT THE FOLLOWING:

Before surgery:		1 year after surgery:
	Shirt size	
	Pant size	
	Dress size	
	Shoe size	
	Belt hole #	
	Ring size	