

Bariatric Surgery Goal Setting Strategies

Date: [Insert Date]

Dear [Patient's Name],

Congratulations on your decision to pursue bariatric surgery! Setting clear and achievable goals is essential for a successful journey. Here are some strategies to help you create your goals:

1. SMART Goals

Make your goals Specific, Measurable, Achievable, Relevant, and Time-bound. For instance:

- Specific: "I want to lose 10 pounds in 3 months."
- Measurable: "I will track my weight every week."
- Achievable: "I will participate in a weekly exercise class."
- Relevant: "This goal aligns with my desire to improve my health."
- Time-bound: "I will achieve this goal by [Insert Date]."

2. Short-term and Long-term Goals

Set both short-term goals (e.g., "I will walk 30 minutes, 4 times a week") and long-term goals (e.g., "I aim to reach my target weight of [Insert Weight] within a year").

3. Accountability

Find a support system. Share your goals with family, friends, or support groups to stay motivated and accountable.

4. Celebrate Achievements

Recognize and celebrate milestones, no matter how small. Reward yourself with non-food-related treats!

We are here to support you in achieving your goals. Please feel free to reach out if you have any questions or need assistance.

Sincerely,

[Your Name]

Bariatric Surgery Team