

Evaluating Your Weight-Loss Goal

In this section of your Guidebook you will establish a realistic ideal weight. Your Food For Life Counselor has probably asked you to fill out a Food For Life Goal Sheet. If so, you selected a goal, signed a commitment pledge, and completed a list of names of friends with whom you wanted to share your goal. (If you have not filled out a goal sheet, ask your Counselor to help you complete one as soon as possible.) The goal you set for yourself was more than likely an intuitive goal. Intuitive goals are usually not based on any scientific facts and they can sometimes be unrealistic. Your goal may be realistic or it may not, so complete this exercise even if you have previously selected a goal.

The most widely used ideal weight chart is one provided by Metropolitan Life Insurance Company. It was compiled over many years using life expectancy data. The chart projects, for a given sex and height and frame size, the range of weight at which people in the study lived the longest. You will use the Metropolitan Life Table to determine the range within which your target weight can be found. You'll notice that the chart provides separate ranges for small, medium and large frames, so be sure to use the correct column for your particular frame.

When using the height table, round upward to the next whole inch if you exceed a given measurement. For example, if you measure 5 feet, 3 1/2 inches you should use the 5 foot, 4 inch line. The weight ranges in the table include 3 pounds of clothing for women and 5 pounds of clothing for men. The height scale includes 1-inch heels. You are using the table correctly if you are a 5 foot, 6 inch woman with a medium frame and have identified your ideal weight range as 130-144 pounds.

Men

Height	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207

Women

Height	Small Frame	Medium Frame	Large Frame
4' 10"	102-111	109-121	118-131
4' 11"	103-113	111-123	120-134
5' 0"	104-115	113-126	122-137
5' 1"	106-118	115-129	125-140
5' 2"	108-121	118-132	128-143
5' 3"	111-124	121-135	131-147
5' 4"	114-127	124-138	134-151
5' 5"	117-130	127-141	137-155
5' 6"	120-133	130-144	140-159
5' 7"	123-136	133-147	143-163
5' 8"	126-139	136-150	146-167
5' 9"	129-142	139-153	149-170
5' 10"	132-145	142-156	152-173
5' 11"	135-148	145-159	155-176
6' 0"	138-151	148-162	158-179

Find your ideal weight range and write it in the space below.

My Ideal Weight Range

Since your ideal weight range may span as much as 15 pounds or more, its primary use in goal setting is to narrow the range within which it can be found. To choose your ideal weight you need to focus on how you really want to look. The following chart shows a range of body compositions for both men and woman. Using the chart, select the number of the body composition that best represents your goal.

-----CHART IMAGE-----

Write the number of the body composition goal you have chosen here.

My Body Composition Goal

If you have chosen Body Composition numbers 3, 4 or 5, your choices fall very near the Metropolitan Life ideal ranges. For purpose of selecting your ideal weight, you can equate the three choices to the low, mid-point and high positions in the range.

Example:

Range – 130-144

Body Type – 3, 4, 5

Goal Weight – 130, 137, 144

If you have identified body composition of 1 or 2 and you are not a marathon runner or a participant in other ultra-sports, your mental image does not match up with a weight range that is consistent with good health. Most people do not have this problem, but if you do, you should choose a target within the acceptable range and begin to adjust your mental image to that goal. Some people who are very overweight to begin with feel that a body composition of 6 or 7 would be a dream come true. If you fall into this category you should set your initial goal higher than the high end of the acceptable range plus 20 percent. After you have reached this goal you can decide if you are satisfied. If not, you can set a new goal and follow your daily guide until you reach it.

Using all of this information, you can now select a goal on a more scientific basis. Select your goal weight and write it in the box below.

My Goal Weight Is:

If you have any difficulty identifying your goal, consult with your Counselor. Together, you can set a weight goal that is right for you.