

# What determines sustainable weight-loss?

## **Continuous Monitoring:**

Self Monitoring/  
Calorie tracking or  
portion control/  
Structured planning/  
Regular monitoring to  
help stay on-track,  
aware, accountable.

## **External Monitoring:**

Support groups/  
Online support/  
Peer feedback

## **Personal Motivations:**

To improve my health/ To  
help my self confidence/ To  
help my self image

## **External Motivations:**

Decreased stigmatisation/ Social standing/  
Sense of belonging/ Being a role model



## **Goal setting:**

Self defined  
personalised goals/  
Clear activity goals/  
Clear mapped out  
eating goals/ All  
continually  
reassessed

## **Enduring challenges:**

Intrinsic and  
Extrinsic— Work &  
personal stress/  
Holidays/ Illness  
and/ or injury/  
Obesogenic food  
environment/  
Unsupportive  
peers/  
Emotional eating