



**Complete the following exercises:**

1. My average weight when I was in my teens: \_\_\_\_\_
2. My average weight when I was in my twenties: \_\_\_\_\_
3. My average weight when I was in my thirties: \_\_\_\_\_
4. My average weight when I was in my forties: \_\_\_\_\_
5. My average weight when I was in my fifties: \_\_\_\_\_
6. My weight today is \_\_\_\_\_ pounds
7. I want to weigh \_\_\_\_\_ pounds
8. The last time I sustained this weight for at least a year was \_\_\_\_\_
9. To achieve this, I have to lose \_\_\_\_\_ pounds
10. Date by which I want this to have happened \_\_\_\_\_
11. How long I want the results to last \_\_\_\_\_

Achieving this would mean losing \_\_\_\_\_ % of my total weight  
(answer 3 divided by answer 1, then move the decimal point to the left two spaces)

I believe this is / is not realistic