

ALLEGATO 2

Weight loss expectations	
<i>Expectation</i>	<i>Description</i>
Dream weight	“A weight you would choose if you could weigh whatever you wanted”
Happy weight	“This weight is not as ideal as the first one. It is a weight, however, that you would be happy to achieve”
Acceptable weight	“A weight that you would not be particularly happy with, but one that you could accept, since it is less than your current weight”
Disappointed weight	“A weight that is less than your current weight, but one that you could not view as successful in any way. You would be disappointed if this were your final weight after the program”