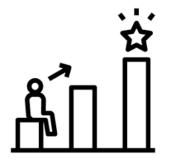


GOAL SETTING



Ever set a goal only to give up quickly because that goal feels so far out of reach? Instead of setting one big goal or focusing only on your "ideal" goals – set several small but achievable goals (SMART goals) and build on those.

Specific: Pick one thing to modify. Write it down! S

"I will lose weight" is not specific.

Smarter: "I will lose 1-2 pounds per week this month."

Measurable: Can you measure it (frequency, duration, amount)?

"I will start exercising" is not measurable.

Smarter: "I will go for a 15 minute walk 3 times this week."

Attainable: Can you do it? Set several small goals instead of one large one. "I will start running" may not be immediately attainable.

Smarter: "I will add a one minute jog to each of my walks this week."

Realistic: Is it safe, healthy and reasonable? Do you believe you can achieve it? "I'm never eating out again" is probably not realistic. R

Smarter: "I will only eat out 2 times this month, and I will look at the menu and choose healthy options in advance."

Time-bound: When will you achieve it? This week? Next month? Make sure it is realistic.

"I need to stop eating dessert" is not time-bound.

Smarter: "I will replace my evening ice-cream with fruit every day this week"



Setting Short and Long-Term Goals

Weekly short terms goals chart progress, while long term goals help clarify your destination. Both short and long-term goals need to be revisited and revised every month along the journey.

My Long-term weight goal:	
My 3-month goal(s):	
My 6-month goal(s):	
My 12-month goal(s):	
My 18-month goal(s):	
Example nutrition and physical activity goals to focus on: - Setting a daily calorie goal for the week - Increasing fruits and vegetables by a set number of servings/day for the w - Choosing only lean proteins every day - Adding 500 steps/day to every day this week - Scheduling physical activity on 5 days per week - Avoiding sugar-sweetened beverages every day for the week My goals for this week include:	reek
I will meet these goals by:	



Week	Nutrition Goals (ex. Eat 5 fruits and veggies every day	Physical Activity Goals (ex. Walk for 15 min on 3 days this week)	Is it SMART? Y/N	Achieved? Y/N	If not, why not?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					



Week	Nutrition Goals (ex. Eat 5 fruits and veggies every day	Physical Activity Goals (ex. Walk for 15 min on 3 days this week)	Is it SMART? Y/N	Achieved? Y/N	If not, why not?
1					
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7					
8					
9					
10					
11					
12					
13					