

SET YOUR GOALS

Setting a few realistic goals and tracking your progress over the next 12 weeks will help you focus and put plans in place to help you achieve the outcomes you are looking for.



Step 1 Where are you at right now?

Think about where your health and wellbeing are right now. What are you struggling with the most? What are the things you would really like to change and work on in the coming weeks? Being clear about where you are and what is currently bothering you can help you identify what your goals need to be.

Step 2 Where do you want to go?

In 12 weeks' time:

a. How would you like to FEEL? *eg, energised, motivated, strong, confident*

b. What would you like to CHANGE? *eg, I would like to walk 5kms comfortably, I would like to drink more water, I would like to prepare my own lunches every day, I would like to lower my cholesterol levels, etc*

c. Other people/things that will be here to inspire and motivate me along the way are *eg, my friend Julie, inspirational quotes, Healthy Food Guide magazine, group exercise*

Setting goals

Below, write down three SMART goals. That is, goals that are Specific, Measurable, Achievable, Realistic and have a Time frame around them. Ideally, focus on healthy habits and behaviours, rather than focusing on being a certain weight or size.

Here are some examples:

For the next 12 weeks I am:

- going to the gym four times each week before work (6am) on a Monday, Wednesday, Thursday and to the 9am fitness class they run on a Sunday*
- going to take healthy lunches to work each day Monday to Friday, using leftovers from dinner the night before.*
- going to use the hunger scale before and after I eat and record my levels of hunger and fullness to be able to help me tune in with my natural appetite.*

1.

2.

3.

As you go through week by week, you can refine these goals if needed.