



Goal Setting

1. What types of behavior affect my weight?

2. How can I change my problem behavior?

- State in a positive way!
 - What you will do instead of what you won't do.
 - I will eat a fruit for dessert
 - VS.
 - I won't eat ice cream at night

3. Set SMART Goals

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**ime Orientated
 - I want to lose 30 lbs.
 - VS.
 - By May 1st, I will feel strong and full of energy at 150 lbs by following exchanges, measuring portions, food journaling, and walking for 30 minutes four times a week.

4. Once goals are written...

- Prioritize
- Choose one (or two)
- When comfortable with progress, repeat goal setting process (1-4)



MY GOAL WORKSHEET

Priority	Goal	When I'd like to reach this goal	What are some smaller goals that will lead to this goal?	What I can do to help reach these goals?
			1.	1.
			2.	2.
			3.	3.
			1.	1.
			2.	2.
			3.	3.
			1.	1.
			2.	2.
			3.	3.
			1.	1.
			2.	2.
			3.	3.

What are some things that might keep me from my goals?