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My SMART Goals

Once you have a list of the goals or changes you want to make to lose weight, you can use this worksheet to plan how you are going to do this in practice. **SMART goals** need to be clear, realistic and achievable. Successfully reaching your goal will boost your motivation and self confidence.

S = specific **M** = measurable **A** = achievable **R** = realistic **T** = time-bound

My Goal	<i>Example: To eat more regularly as I often miss meals due to being busy at work</i> (use a notebook to plan more goals)
Date Started	
S (specific)	<i>Eat a packed lunch at work</i>
M (measurable)	<i>Have lunch at work 3 days per week (Mon, Wed & Thu)</i>
A (achievable)	<i>I can plan ahead and make my lunch in the evening before I go to bed</i>
R (realistic)	<i>I have time at work on these days to eat my lunch. I can cope with small changes to my evening routine</i>
T (time-bound)	<i>I want to achieve this goal in the next 6 weeks</i>
Date Started	

Making lifestyle changes isn't always easy – you need to be organized, committed and plan ahead to keep your lifestyle changes or goals on schedule.