

# GOAL SETTING

A great way to achieve a healthier lifestyle is to set some personal goals.

When setting goals, you need to be quite specific. Instead of writing 'I will try and eat healthier' - be more detailed. Make goals achievable so that you can succeed. Revise goals when this new lifestyle goal becomes a normal part of your daily routine.

*Goal setting examples:*

'I will aim to eat 2 pieces of fruit each day', "I will reduce my soft drink intake by 1 can per day / week" "I will have takeaway dinner only once a week" or "I will exercise for x minutes x times per week. (replace x with achievable number)



Partner:



Department of Health

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Short term goals - by the end of this program:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Long term goal

1. \_\_\_\_\_

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