SMART GOALS PLANNER

Once you've decided what changes you need to make to your diet and feel ready to make them, set yourself some goals. Goals help you focus on making realistic changes that will make a real difference to you. When setting your goals make sure they are:

S.M.A.R.T. !

Specific: Be clear about the change you are making. Don't just say "I'm going to eat less" think about exactly how that will happen. Are you going to reduce your portion sizes, cut down on snacks or change what you drink? (Example of Specific: Eating five servings of vegetables each day, Walking 20 minutes each morning ,Exercising five days each week, Going to bed at 10 pm and waking up at 6 am every day, Practicing five minutes of meditation every day)

Measurable: You should be able to measure your success. So decide how many of your snacks you are going to cut out or what you will have for breakfast each day. By making your goal measurable, you'll be able to check whether you've been successful in making the change.(Examples on Measurable: Doing a particular exercise a certain number of times each week, ..% weight loss or fat loss, Adding one vegetable to one meal, five days a week)

Achievable: Be realistic about the changes you plan to make. You're more likely to succeed if you make small, gradual changes rather than trying to do everything at once. So start with the key areas you need to work on and build up from there.

Relevant: Make sure your goals focus on what you really need to change. Your food diary will help you pick out the most important areas to work on.

Time-specific : Write down when or how often you will make the change. Write down when you want to have achieved the change. This will make it easier for you to work out if you have achieved your goal.

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Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your advancement?

A

Achievable

Evaluate the feasibility of your goal.

R

Relevant

How does it fit into your broader objectives?

T

Time-Spesific

What is the deadline?

Surgery