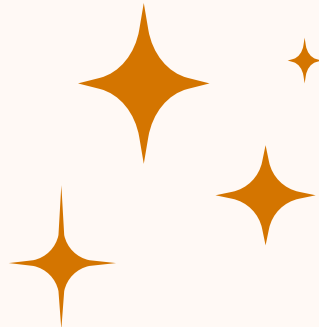


✦ ✦ BREAKDOWN YOUR

goal



S	SPECIFIC - INCLUDE A TIME FRAME
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M	MEASUREABLE - WHEN IS SUCCESS ATTAINED?
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A	ACTION STEPS
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R	REALISTIC - VICTORIES ARE IMPORTANT!
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T	TIME-BASED
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Examples of Goals

- ✦ ✦ I will take an afternoon break each workday at 3pm to reduce stress.

- ✦ ✦ Walk for 20 minutes three times per week after work to increase cardio exercise.

- ✦ ✦ Go shopping on Saturday morning to purchase apples and almonds for healthy snacks during the week.

- ✦ ✦ I will meditate on Saturday mornings for 30 minutes to be more calm and aware.

- ✦ ✦ Write down my top 3 reasons for change and send to my coach to be more aware of what motivates me.

- ✦ ✦ Log my thoughts when eating dinner twice this week to pay attention to how I feel when I eat.

- ✦ ✦ Make a list of pros/cons for losing weight before I go to bed to assess if I am ready for change.

- ✦ ✦ Increase water intake from 2 to 4 glasses a day Monday through Friday to reach my hydration goal.

- ✦ ✦ Before bed I will list sugary snacks I had during the day to be aware of how much sugar I eat.
