Developing Your Success Plan!

- **There are several steps in developing a workable plan for weight management**
  - 1st set realistic goals
  - 2nd develop a plan to meet goals
  - 3rd record behavior to see if goals are met
  - 4th reward yourself for meeting goals

- **Realistic goals**
  - Can be achieved without making drastic changes
  - Can be described as lifestyle behavior changes for healthy living
  - Can make you feel good when you meet them

- **Characteristics of realistic goals**
  Realistic goals are . . . . . easily understood
  measurable
  behavior-related
  achievable

- **It is important to have time frames set for achieving goals**

  - **Long-term goals**
    Set your sights on what you can achieve in 1-3 years
    Example: Your long-term goal may be to lose 5% - 10% of your body weight.

  - **Short-term goals**
    Behaviors and weight don’t change overnight, so setting goals for three months is a good idea.
    Example: Your short-term goal may be to eat 5 servings of fruits and vegetables each day or to increase physical activity to at least 30 minutes on most days per week.

  - **Weekly goals**
    Weekly goals are your small steps taken toward your short-term goal.
    Example: Your weekly goals may be to take the stairs at work 3 days this week or to eat a piece of fruit with breakfast and lunch every day.

*do it for yourself...*