

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 . . .