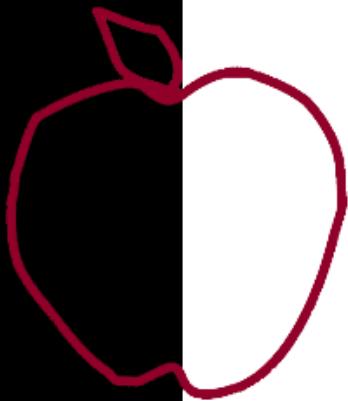


# GOAL SETTING



Setting realistic goals is an important part of any health plan. Do not use “always” or “never”; this will only set you up for disappointment. Your long-term commitment is the key to your success. Focus on the big picture. Keeping a food diary will help you establish and evaluate your goals. Record the time, place, specific foods and amount you eat, as well as your general mood. Use the following sample as a guide.

DATE: \_\_\_\_\_

MY GOAL IS: \_\_\_\_\_

Time and M or S*	Mood <sup>1</sup>	Food and Amount	Location/Other Activities While Eating <sup>2</sup>	Exercise Planned	Actual Time Spent Exercising

\*meal or snack

<sup>1</sup>bored, tired, angry, nervous, happy, etc.

<sup>2</sup>watching TV, reading a book, party, in a car

*“A habit should not be thrown out the window by any man but coaxed down the stairs a step at a time.”*

*Mark Twain*