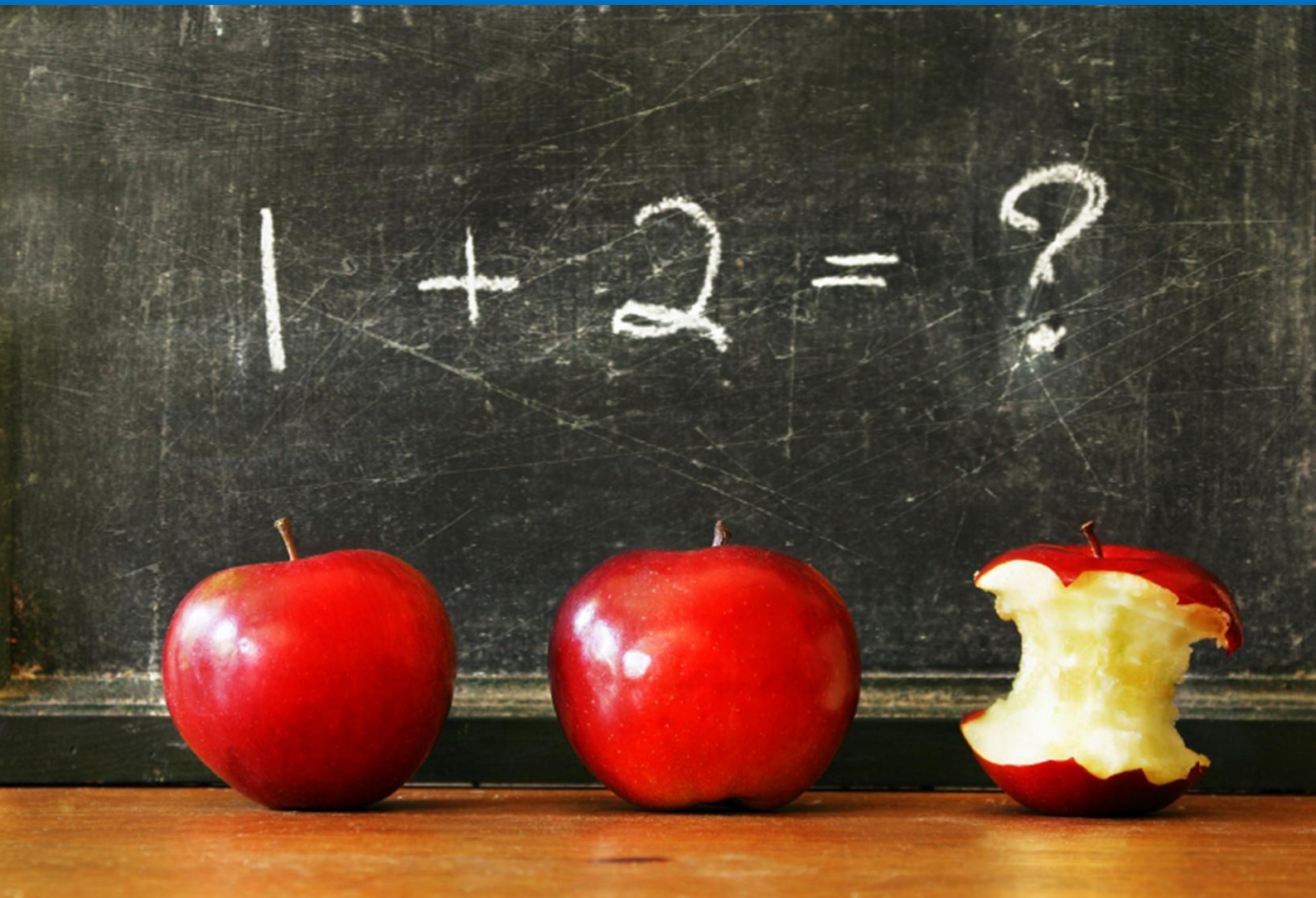




Eat With Me

Train With Me

Week 3: Setting SMART Goals



8 Week Nutrition Program

Julie Markoska, Dietitian & Nutritionist

Setting SMART Goals

Your mission this week:

1. Measure up
2. Keep your food diary
3. Set your SMART goals

1. Measure up

Remember to take your measurements at the end of this week and record them in your measurements table from week 1.

2. Food Diary

For the best results make sure you keep a food diary each week! Remember I will be checking to see whether you've completed it.

3. Set your SMART goals

Now that you've done your measurements, looked at your diet and know where you're at, it's time to look at how you can improve and set your goals.

Setting clear goals is crucial to improving your health and fitness. Without goals you don't really know what you're working towards and have nothing with which to measure your progress.



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What are your nutrition goals? What are your fitness goals? Based on your measurements and food diary from weeks 1 and 2, have a think about what you want to achieve, when you want to achieve and how you will reach your goals.

To get the most out of your goals, they should be **SMART** goals. SMART refers to **Specific, Measurable, Achievable, Realistic and set in Time**.

Specific

Be very specific and detailed about what exactly you want to achieve. Eg “I want to run to City2Surf in less than 65mins in August 2012” instead of “I want to improve my running”. Another good example is ‘Eat two pieces of fruit every day and lose 5 kg in 10 weeks’ instead of ‘Eat healthier and lose weight’.

**NOT LIKE THIS:
TOO VAGUE!!!!**



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More like this.....

- ▶ Lose 2 kilograms by 30 November 2012 (1/2 kilogram per week) to reach my goal weight of 70kg
- ▶ Have Monday to Thursday alcohol free until Christmas 2012
- ▶ Lose 5 cm from my waist measurement in 6 weeks
- ▶ Switch to skim milk in my coffee and cereal every day
- ▶ Eat 2 pieces of fruit Monday to Friday starting from today (2 November 2012)
- ▶ Hold the plank for 2 minutes by 10 December 2012

Measureable

Your goals should be measurable. You should be able to measure your progress as you go along. For example, you can measure your food intake, your weight, your waist circumference, your running speed, your score on the monthly fitness challenge and how many training sessions you attend.

Achievable and Realistic

This will be different for everyone!!

Consider where you are at in your life with work, family and your health and make sure your goals are realistic and actually possible.

With sufficient planning and preparation healthy eating is always possible, however you need to look at what is realistic for you based on your current lifestyle. You need to learn how to walk before you can run, and setting unrealistic and unachievable goals will only set you up for failure.

DO NOT set yourself goals that are unachievable and unrealistic it will set you up for failure and you will go back to your old eating habits!!!



Time

You need to have a time frame in which to achieve your goals.

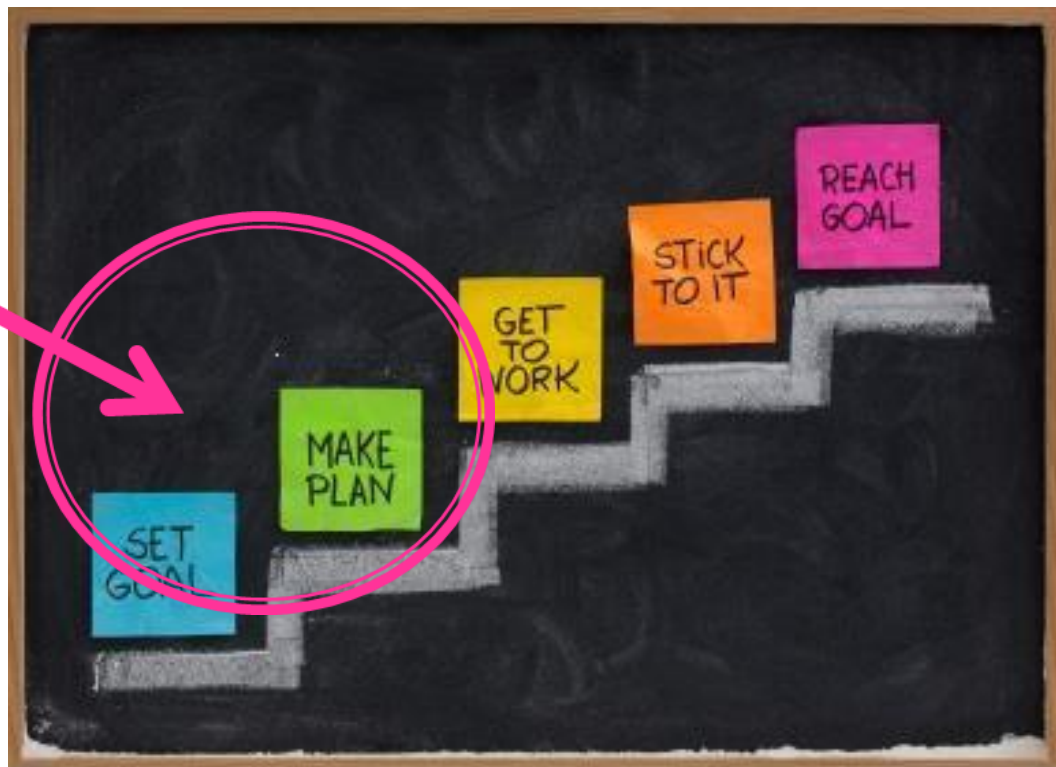
- You can set different timeframes for different goals.
- Be realistic
- Take into account what else is going on in your life
- Mark it in on your calendar!!



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Strategies

Strategies are your roadmap to achieving your goals. Create a plan and give yourself exact instructions on what you need to do every day to reach your goal.



- How exactly are you going to achieve each goal?
- You will usually need several strategies per goal
- Your strategies must be detailed & specific
- Pretend you are explaining to some one else what they need to do to achieve the goal
- Use the info in Week 2 to guide you
- If you're unsure what you need to do to achieve your goal – ask me!

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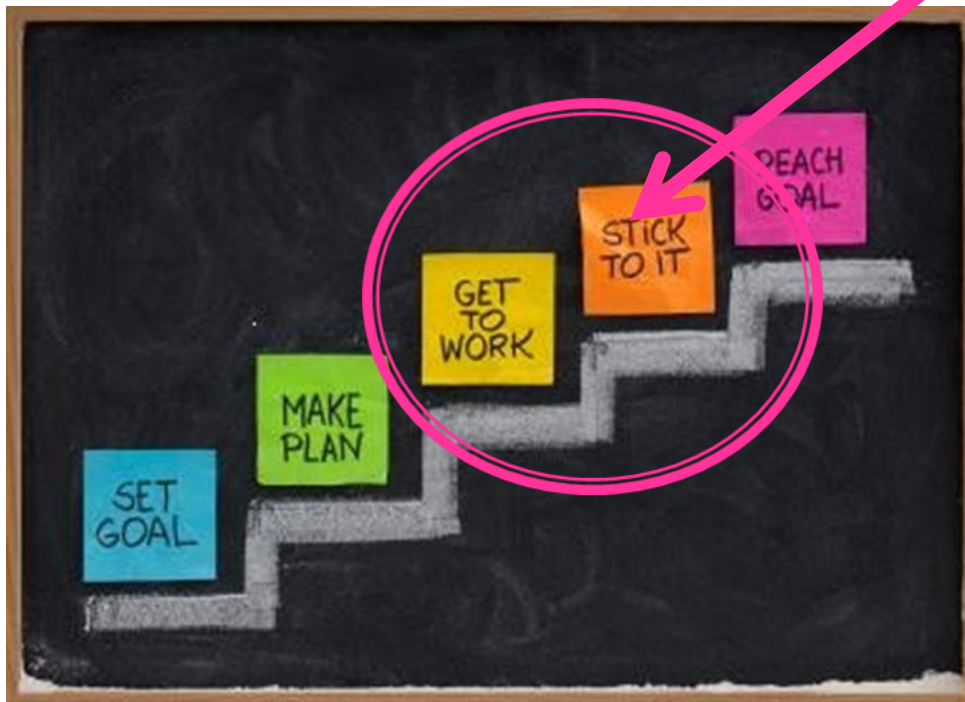
My game plan: goals & strategies

Now it's your turn!! Set out your SMART goals and the steps you will take to achieve them.

Time frame	My goals	How I will get there	My reward
1 week			
4 weeks			
8 weeks			
12 weeks			
6 months			
1 year			

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Commit to your goals



Make a public commitment and get your friends' and family's support

Tell the people close to you about your goals. This means the people that are around you every day – close friends, co-workers and family. This will not only help keep you accountable, but also enable them to support you and help keep you on track.

- Print out your Game Plan and put it on your fridge, next to your alarm clock or on your bedroom ceiling (nothing like waking up to your goals every morning), at your office etc
- If you are on Facebook:
 - get on the Eat Smarter Facebook page and tell us about your game plan.
 - update your Facebook status with your goals and progress
- If you have a blog – blog about your goals and your progress
- If you are on Twitter, tell your followers that you're what you are doing!!

The more you talk about your goals and share them with others, the more visible they will be in your life and the more likely you are to achieve them!

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Quiz

1. To get the most out of your goals, they should be SMART goals. SMART refers:

- a) Specific, Manageable, Achievable, Realistic and set in Stone
- b) Specific, Measurable, Achievable, Realistic and set in Time
- c) Specific, Measurable, Actionable, Realistic and True
- d) Standard, Measurable, Achievable, Reachable and set in Time

2. To help you stick to your goals you should:

- a) Tell people around you about your goals
- b) Get on the Eat Smarter Facebook page and tell us about your goals and progress
- c) Print out your Game Plan and put it somewhere that you'll see every day
- d) All of the above

3. An example of a goal that is Specific is:

- a) Lose 5 kg
- b) Get fit
- c) Tone up
- d) Lose 1 kg per week for the next 3 weeks starting from today

4. Strategies are:

- a) Specific instructions to yourself of what you need to do in order to achieve each goal
- b) The same as goals
- c) Not important, you just need to focus on the goal and not get confused with strategies
- d) All of the above