



Goal-Setting

January 2015 – Facing Forward

Getting Started!

It is important to set *realistic* goals.

When setting goals, beware of asking too much of yourself. Examples of unrealistic goals include:

- “I will lose 10 pounds or more per month”
- “I plan to exercise every day”
- “I will not snack throughout the day”
- “No more desserts for me!”

The above goals are not realistic goals. It is key to start off small and remember that realistic goals are challenging, but should be achievable.



What is a goal?

A desired result a person envisions, plans and commits to achieve. It involves establishing specific, measurable, achievable, relevant and timely objectives.



Realistic Goal Ideas

Before coming up with your goal(s), look for ways to improve your lifestyle, diet, and activities, but always remember to start *slowly*.

1. I will plan out my grocery list ahead of time to avoid random purchases.

2. I will not drink soda every day. Instead, I will start to have one every other day.

3. I plan to walk for 30 minutes twice a week and then after one month, I will increase it to three times a week.

4. I will have 1-2 small and healthy snacks per day in between meals.

If you reach your goal, reward yourself appropriately! And if you achieved your goal too easily, make your next goal harder.

Steps for Goal-Setting

- Develop a *desire* to achieve the goal – write out the benefits to achieving your goal.
- Write down that goal
- Identify the obstacles you will need to overcome and the help you will need to achieve the goal
- Create a *deadline* for reaching your goal – measure how long you will reasonably need to complete the goal.
- Finally, make a *plan*. List out all of the activities and prioritize them.
- Never give up, even when you hit setbacks.



Recipe for: English Muffin Fruit Pizza

Ingredients:

- 1 whole grain English muffin
- 1 Tablespoon Fat-free cream cheese
- 1 Tablespoon Low-fat yogurt
- $\frac{1}{4}$ Cup fruit (bananas, strawberries, blueberries, pineapple, peaches, mandarin oranges, etc!)

Directions:

1. Toast the English muffin until lightly browned.
2. Mix the cream cheese and yogurt together in a bowl with a spoon to make the pizza “sauce.”
3. Spread the “sauce” on both halves of the English muffin.
4. Arrange the fruit on top of the “sauce” on the English muffin.
5. Serve immediately or refrigerate within two hours or preparation.
6. Enjoy!



Nutrition Facts:

Calories: 130
Protein: 5 grams
Carbohydrate: 18 grams
Fat: 4 grams
Sodium: 130 mg
Dietary Fiber: 2.5 grams

