SETTING A SMART GOAL

Goal setting motivates us to achieve. Setting a goal can increase your determination to take the steps necessary to accomplish the goal. Studies have shown that people who write down their goals are more likely to achieve them. Achieving goals builds self-confidence and increases success in accomplishing future goals. As you set your weight loss or maintenance goal, keep in mind the following information:

- Slow is the way to go! Plan to lose no more than 1/2 to 2 pounds each week. Someone who is very overweight may find it easier to lose 2 pounds per week than someone who is already close to a healthy weight.
- Experts recommend losing no more than 5% of one's starting weight over a twelve week period of time. (For example: Someone weighing 160 pounds today, should not plan on losing more than 8 pounds over a twelve week period.)
- Keep in mind that you are setting a short-term goal. You may need to set several consecutive short-term goals in order to ultimately achieve your long-term healthy weight goal.
- Plan for success! Make your weight loss goal a S.M.A.R.T. one!



S Your goal is specific. (You aim to lose this number of pounds.)

M Your goal is measurable. (You can track progress.)

A Your goal is attainable. (You can reach it.)

R Your goal is timely. (You can reach it by the target date.)

T Your goal is realistic. (No more than 2 pounds per week.)

A dream is just a dream. A goal is a dream with a plan and a deadline. ~Harvey Mackay

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