

Goal Setting

My Motivation:

Set small SMART goals based on the behaviour you want to change

S(Specific), M(Measurable), A(Achievable), R(Realistic), T(Time framed)

Session 1 – Our Relationship with Food – Motivation, Goal Setting and Habits
Goal 1
Goal 2
Session 2 - Energy Balance, Meal Routine and Snacks
Goal 1
Goal 2
Session 3 - Balanced Diet and Whole Foods
Goal 1
Goal 2
Session 4 - Portion Control and Tracking
Goal 1
Goal 2
Session 5 - Budgeting, Shopping and Cooking
Goal 1
Goal 2
Session 6 - Physical Activity and Exercise
Goal 1
Goal 2