

## Goal Setting

Making lifestyle changes is not always easy. It may help to set yourself some goals. Aim to make your individual goals realistic, achievable and sustainable.

Make specific goals, for example setting a goal in terms of weight loss may not be realistic or necessarily guaranteed to be achievable, certainly within a short time! Instead set a goal such as changing to skim milk instead of full cream. It is specific, you can identify whether you have achieved the goal, and move on to your next goal feeling good about your success.

Work on one change at a time. If you don't succeed reset your goal to make it achievable for you. Remember behavioural changes can assist you in reaching your most healthy weight. Making lifestyle changes can be difficult and challenging. Be kind to yourself, choose an activity you enjoy doing e.g. watching your favourite TV show, going to the movies, having a massage. Nurturing ourselves can make us feel more energised, in control and positive.

Answering these questions will help you work out your goals	Yes	No
Do you limit food and drinks high in sugar and fat such as cordial, soft drink, rich sweet biscuits and desserts, sweet pastries and cakes, and sugar to once a week or less?		
Do you eat 3 meals a day?		
Do you limit margarine / butter on your bread and crackers?		
Do you steam, boil or microwave vegetables?		
Do you avoid frying meat in fat? e.g. margarine, butter, oil, dripping		
Do you eat fried food less than once a week?		
Do you choose lean meat?		
Do you trim the fat off meat and/or skim the fat off casseroles and		
Do you take the skin off chicken?		
Do you eat fish at least twice a week?		
Do you use low fat cooking methods, such as grilling, stewing, baking on a rack or barbecuing without added fat?		
Do you limit crumbed or battered food?		
Do you limit high fat snacks, such as potato crisps and nuts?		
Do you eat cooked, dried beans or peas or baked beans at least once a week?		
Do you eat wholegrain or wholemeal bread?		
Do you eat a high fibre breakfast cereal?		
Do you avoid adding salt to your meals and using salt in cooking?		
Do you use skim or low fat milk, yoghurt and cheese instead of full cream varieties?		
Do you eat at least 5 serves of vegetables every day? 1 serve = ½ cup cooked vegetables, 1 cup salad vegetables		
Do you eat 2 serves of fruit every day? 1 serve = 1 medium fruit		
Do you limit your alcohol intake to 2 standard drinks a day?		
Do you participate in some regular physical activity that you enjoy for 30 minutes or more at least 5 times a week?		

If you have answered 'yes' to most of these questions you are doing very well! Make an appointment to see your GP or a dietitian if you are finding it difficult to set lifestyle goals and reach your most healthy weight.

