

Assess what stage you are in right now-

Precontemplation, Contemplation, ***Planning***, Action, Maintenance

Write a SMART goal that is: **s**pecific, **m**easurable, **a**chievable, **r**ealistic, **t**imeframe

Develop a plan of action

Enlist help-marshall your supports and strengths

Make a plan to deal with possible barriers to success

Set a start date

Begin-get onto day one

Keep your eye on the goal

Weigh in once a week only; same day, first thing in the morning, no clothes, before eating

Keep a journal of everything you eat and drink in one column and all your physical exercise in another. Do this for three days at a time, throughout the five months.

Pick goals in different areas of your life. They can be physical, spiritual, emotional, social, family, etc.

Covenant with another person, perhaps you would agree to put \$\_\_\_\_\_ a month into a fund. At the end of 5 months, you can do something together as a reward for good work and persistence.

Plan for \_\_\_\_\_

Start Date \_\_\_\_\_

SMART Goals (see page one):

1)

2)

3)

Why do I want to do this?

1)

2)

3)

What are my strengths?

1)

2)

3)

What are the barriers to achieving my goals?

1)

2)

3)

How am I going to achieve my goals?

1)

a.

b.

c.

2)

a.

b.

c.

3)

a.

b.

c.

What will my reward be for achieving my goals?

1)

2)

3)

I will be accountable to:

I will support and encourage:

Signature \_\_\_\_\_

Start Date \_\_\_\_\_

Stop Date \_\_\_\_\_

Height \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Weight \_\_\_\_\_

Upper Arm \_\_\_\_\_

Upper Arm \_\_\_\_\_

Bust/Chest \_\_\_\_\_

Bust/Chest \_\_\_\_\_

Waist \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Hips \_\_\_\_\_

Indicate progress towards goals in green, no progress in yellow and backwards progress in red. Overall progress is the best for 2 out of three goals.

Weekly Dates									
Goal #1									
Weight									
Goal #2									
Goal #3									
Overall progress									

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