Goal Setting Tip #1

Setting goals is important for achieving success in any activity. Goal setting for weight loss and weight gain prevention is certainly no exception.

⇒ Goals should be measurable (for example, "walking 3 miles each day" versus "walking more often").

⇒ Goals should be achievable—for you, not for Superman!

⇒ Goals should have a timeframe (for example, "walking 3 miles each day for the next 4 weeks").

Spend a few minutes today deciding what goals YOU would like to work on this week.

This week I will focus on:
_____Eating from the 5 food groups each day
_____Identifying the triggers that make me eat
_____Drink 64 oz or more of water each day
_____Take the stairs instead of the elevator
_____Other: _____

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at **http://airforcemedicine.afms.mil/shapeyourfuture**.

Shape Your Future… Your Weigh!™