



## Goal Setting Tip #2

Setting goals is important for achieving success in any activity. Goal setting for weight loss and weight gain prevention is certainly no exception. Remember to make your goals concrete, realistic and specific.

Remember to write down your goal and look at it regularly—maybe put it on a sticky note on your computer, or in your day planner.

This week I will focus on:

- Eating 3-5 servings of vegetables
- Doing nothing else while eating
- Eating only in one place
- Not "cleaning" my plate
- Parking far away from buildings and walking the distance
- 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!™*