



Goal Setting Tip #4

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.

Don't think of your goal in temporary terms—"only for this week"—but think of it as a new habit you want to create.

This week I will focus on:

- Measuring my progress toward my goals
- Setting new goals
- Shopping on a full stomach, instead of being hungry while I shop
- Grocery shopping from a list, instead of showing up without a plan
- Eating foods that require preparation
- 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!™