



## Goal Setting Tip #5

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.

Rewarding yourself for achieving your goal can be very motivating! Think about how you can reward yourself for achieving your goals (not including food rewards).

This week I will focus on:

- Consuming 2-3 daily servings from the milk group
- Hiding high-calorie foods (out of sight, out of mind)
- Keeping healthy foods in sight
- Avoiding statements using the words *always*, *must*, *every* and *never*
- Before putting food in your mouth, ask if you are really hungry or eating for other reasons such as boredom, nervousness, etc.
- 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!™*