



## Goal Setting Tips #6

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.

Many goals related to healthy eating and lifestyles have the added benefit of 'rubbing off' on our children and spouses—healthy choices are good for everyone!

This week I will focus on:

- Removing serving dishes from the table
- Leaving the table after eating
- Serving only one portion of food
- Waiting 5-10 minutes before having seconds
- Avoiding dispensing food
- 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!™*