

GOALS AND ACTIONS

The first step to a healthier you is to create a health goal that is important to you. Think about what you want to achieve.

What were some of the goals set with your team?

Goals are strongly related to what you believe in. It can be useful to write down what things are important to you and check whether these are in line with your goal.

SMART goal example

Specific	To begin walking for 30 mins on Monday, Wednesday and Thursday mornings.
Measureable	Keep a log of my physical activity in my diary.
Achievable	Will try this approach for 4 weeks.
Realistic	I can drop the children off at school and then walk before shopping.
Time framed	I will review my goals after one month.

Goal 1:	
Purpose:	
Values:	
Specific	
Measureable	
Achievable	
Realistic	
Time framed	
Goal 1 Short term goals	1.
	2.
	3.
	4.