Goal Setting for Weight Management

Identify your short-term goals and long-term goals and write them on the lines below. Share your goals and your progress with your health care professional (HCP) at each follow-up appointment.

**What** I want to achieve:

Short-term goal(s): ____________________________________________________________

Long-term goal(s): ____________________________________________________________

**How** will I achieve my goal(s):

1. _______________________________________________________________________

2. _______________________________________________________________________

3. _______________________________________________________________________

**When** will I aim to reach my goal(s):

I will aim to reach my short-term goal(s) by this date: _______________________________________________________________________

I will aim to reach my long-term goal(s) by this date: _______________________________________________________________________

**Follow-up:**

Date of next visit(s): _________________________________________________________

____________________________________________________________________________

**My own notes:**

____________________________________________________________________________

____________________________________________________________________________

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Approaches for Healthier Eating and Increased Physical Activity

1. Get in step
   • Begin with short walks and gradually increase your time or distance.
   • Focus on your posture with your head lifted, tummy pulled in, and shoulders relaxed.
   • Warm up at an easy pace for the first several minutes.
   • Walk on sidewalks and wear light-coloured or reflective clothing.
   • Stop walking and check with your HCP if you experience pain when walking.

2. In proportion: Sizing up healthy eating
   • Set aside small portions of healthy snacks to eat when you have a craving.
   • Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins.
   • Think of reducing amounts, rather than cutting out your favourite foods.
   • Establish regular meal times to avoid overeating later in the day.
   • Preportion your servings to control the amount by placing a single serving in a container ahead of time rather than eating directly from the package.

3. Eating together with family and friends: Dining without counting calories
   • Substitute healthy foods that are steamed or baked instead of fried.
   • Enlist family and friends to support you in making healthy choices.
   • Share an entrée with a friend at a sit-down restaurant.
   • Research the restaurant to give yourself the best options for ordering.
   • Request your meal to be served without gravy, sauces, butter, or margarine.

4. On the go: Keeping healthy away from home
   • Pack nonperishable, healthy snacks.
   • Order water to drink with meals if you are dining out.
   • Bring a meal from home to eat on the plane or in the car.
   • Order smaller portions in restaurants.
   • Find times and places to take walks, like in the airport.

5. Smart shopping: Keeping your basket full and fresh
   • Make a list based on meal plans.
   • Shop after a meal.
   • Buy fresh foods when possible.
   • Read nutrition labels for portion size, calories per portion, and saturated fat.
   • Find healthy replacements.