

Session 2 – Goal Setting and Healthy Behaviours

Complete the diagram below



Look at each section, think about how you feel. Using the key and mark on the scale of 1 to 5.

1 = Not confident in this area - need to work on this

5= Very confident want to maintain this rather than change this



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SMARTER answers



1 What do you want to change?

2 What will you do to make that change happen?

3 How much of this will you do, or how often will you do it?

4 What needs to happen to allow you to do this?

5 How confident are you that you can do this? (circle) 1 2 3 4 5
not very —————> very

How important is the change for you? (circle) 1 2 3 4 5
—————>

6 When will you have this done by?

7 What is stopping you doing this?

8 If something is stopping you how will you get over this?

9 When will you reflect on progress? How will you know when you've achieved your goal?
How will you feel?
.....
.....

10 How will you review what to do next? Who will you talk to about this?

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What did you eat and drink?

Fill in the boxes below, listing everything you ate or drank over the last 24 hours.

[illegible]

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Food diary sheet - **Week 1**



Date.....

Fill out the table below with what you ate and drank this week.

At the back of this book you will find Food Diary sheets to fill in

	Time of day	What you ate and drank	Amount	How was it made?	Where did you eat this?	Notes
Monday						
Tuesday						
Wednesday						

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Food diary sheet - **Week 1**



	Time of day	What you ate and drank	Amount	How was it made?	Where did you eat this?	Notes
Thursday						
Friday						
Saturday						
Sunday						

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Physical activity tracker - **Week 1**  Date.....

Fill out the table below with what activity you did this week.

At the back of this book you will find physical activity sheets to fill in

	Time of day	Type of Activity	Number of minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes

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'If-then' Plans

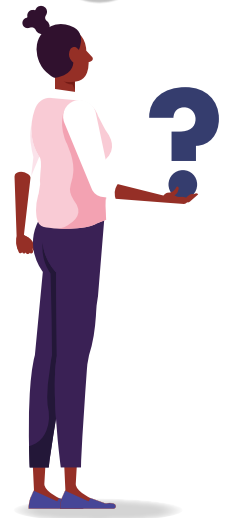
If-then Plans are a tool we use in this programme as they can help you remember what you need to do to stay on track. Think about **'if'** something happens, **'then'** you know what to do.

Write some examples in the If and Then boxes below:



if...

then



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Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				