

NAME: _____ DATE: _____

THINGS DISCUSSED:

Develop SMART goals: Specific, Measurable, Action-Oriented, Realistic and Time-framed See Example:
GOAL - In two-weeks (Date), I will increase my fibre intake to 25 grams per day
ACTION PLAN - cereal with at least 6g fibre, whole grain bread, 6-7 vegetables/fruits per day
BARRIERS - family dislikes whole grain, vegetables go bad in fridge, vegetable preparation time, skip some meals
SOLUTIONS - freeze whole grain bread for me, plan /prepare ahead, buy only what is needed, have fruit handy as a snack

1) MY NUTRITION GOAL:

ACTION STEPS	TIME FRAME	BARRIERS	SOLUTIONS

2) MY NUTRITION GOAL :

ACTION STEPS	TIME FRAME	BARRIERS	SOLUTIONS

3) MY ACTIVITY GOAL:

ACTION STEPS	TIME FRAME	BARRIERS	SOLUTIONS