

Goals for a Healthy Lifestyle

SMART Checklist

S	Specific
M	Measurable
A	Achievable
R	Realistic
T	Timelines

Based on Canada's Food Guide

For four weeks...

- I will increase my servings of vegetables and fruit by ____ per day (7-10).
- I will increase my servings of grain products by ____ per day (6-8).
- I will increase my servings of milk and alternatives by ____ per day (2-3).
- I will increase my servings of meat and alternatives by ____ per day (2-3).

Eat well balanced meals and healthy snacks as needed

- I will eat breakfast, lunch and dinner every day the month of _____.
- This weekend I will plan my meals and snacks for the week.
- I will make healthy meals and snacks at home at least 3 times this week.
- I will eat a healthy snack of _____ if my meals are more than 4 hours apart this week.

Watch your portion sizes

- I will fill half my dinner plate with vegetables 3 times this week.
- I will portion my food on a small plate or bowl for my snacks on weekends.
- I will serve food from the kitchen instead of putting bowls of food on the table at dinner this week.

Intuitive Eating

- This week I will wait 20 minutes after finishing my dinner to make sure I am actually hungry before having seconds.
- Everyday for the next two weeks I will stop eating when I feel satisfied.
- This month, when I feel stressed, I will walk for 10 minutes instead of reaching for food.

Lifestyle changes

- I will keep track of my Motiv8 behaviours each day in a journal.
- I will eat at the kitchen table instead of _____ on weekends for the next month.
- I will not eat in my car or at my desk for one week.
- I will read food labels on my next grocery shop to help me make better choices.
- I will watch _____ minutes less of TV _____ days this week.

Physical activity

- I will be more active daily by _____.
- I will _____ (activity) on _____ (days of the week) for _____ (time).
- I will get _____ steps each day this week on my pedometer.
- I will do an activity so that I breathe heavier and sweat for at least 20 minutes _____ times this week.
- I will do strengthening exercises _____ times this week.
- I will do flexibility activities before bed, every day this week.

