

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: _____

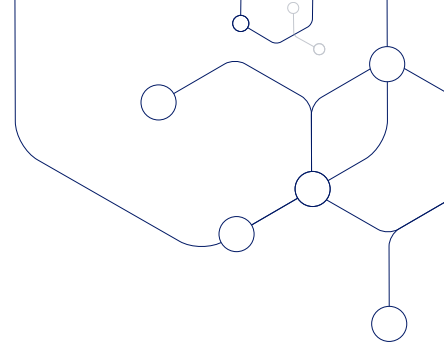
I will aim to reach my long-term goal(s) by this date: _____

Follow-up:

Date of next visit(s): _____

My own notes: _____

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