

HEALTHY LIVING GOALS

ACTIVITY SHEET



Use the questions below to focus in on a healthy goal you want to achieve and plan how you can turn it into a habit. First, choose an area you think you'd like to focus on (tick one)

- | | |
|---|--|
| <input type="checkbox"/> Exercise and sport | <input type="checkbox"/> Sleep, rest and relaxation |
| <input type="checkbox"/> Diet | <input type="checkbox"/> Helping others |
| <input type="checkbox"/> Smoking, vaping and alcohol | <input type="checkbox"/> Mental health |

What do you think is unhealthy about your current behaviour in this area? How is it affecting you?

Example: *I'm eating too much junk food/fast food. My energy spikes and I'm gaining weight so it's affecting my concentration and self-esteem.*

How would you like your behaviour in this area to look, and how would it make you feel?

Example: *I want to eat clean, start working out with the result that I'll lose weight, look and feel better and get my confidence back.*

What is the one main thing you can do to achieve this?

Example: *Stop eating junk food and eat more healthily, with a more varied diet and more veg.*

What might be hard about achieving this goal and what could stop you?

Example: *My friends stop off at the chicken shop after school and we usually get food there which will be really tempting.*

Creating a SMART goal

It's easy to have a goal, but if the goal is too vague then it's hard to achieve. A SMART goal can help.

SMART goals are **Specific, Measurable, Achievable, Realistic, and Time-based**. This means that you need to think them through carefully, and decide exactly how you're going to do them. If you're working on your goal and it sounds too hard to achieve, it probably is. So change it!

Example: *Replace junk food in my diet with more vegetables = vague and unspecific*

Let's see this written as a SMART goal.

Specific	Eat at least 3 portions of vegetables a day in place of healthier options, specifically chips, processed foods, crisps, and deep-fried foods
Measurable	I will keep a diary of veg and other food eaten using an app on my smartphone
Achievable	To achieve this, I will choose healthier options for breakfast, lunch and dinner by following a meal plan
Realistic	5 a day is something I feel comfortably able to achieve
Time-based	Measured by day, with a review at the end of each week

My SMART goal

My goal is to _____

Specific	
Measurable	
Achievable	
Realistic	
Time-based	

Who is the person you can go to who will help and support you to achieve this goal?

Example: *I can ask my mum to make sure there are enough healthy options included in the weekly shop.*

What do you need to remember when the going gets tough?

Example: *I need to remember feeling so tired that I can't concentrate in class and wanting to go home and sleep rather than seeing friends.*

What will your reward be if you achieve your goal? When will you know you've been successful?

Choose a reward that means something to you and that you can realistically achieve.