MY Goal Setting Tool

Choose **SMART** goals, your goal should be:

*S*pecific: What exactly do you want to achieve?

*M*easurable: Goal should be something measurable, e.g. eating a certain number of servings of fruits and vegetables each day

*A*ttainable: Given your current situation, are you able to achieve this goal right now?

*R*ealistic: Ask yourself "Is this a goal I could start today or tomorrow?" If the answer is No, this may not be a realistic goal

*T*imely: Choose a time frame for your goal, e.g. "Next week I will go for a walk every day after dinner"

Ideas for goals to improve your heart health:

Eat at least 5 servings of whole grains per day

Switch to skim milk, low fat cheese

Eat at least 7 servings of fruits and vegetables each day

Start using unsaturated fat oils and margarines in cooking and baking in place of saturated fats (butter, lard, coconut oil)

Consume less than 200mg cholesterol per day

Eat two servings of fish each week

Eat 1-2g plant sterols each day

Get at least 30 mins moderate-high intensity exercise each day

Goal (be Specific!):

Details (timeline, where, how):

Barriers to achieving my goal (e.g. finding enough time, cost):

Steps I will take:

Confidence (Scale of 0-10):

*You should be *at least* 70% confident that you can achieve your goal