SUCCESSFUL GOAL SETTING
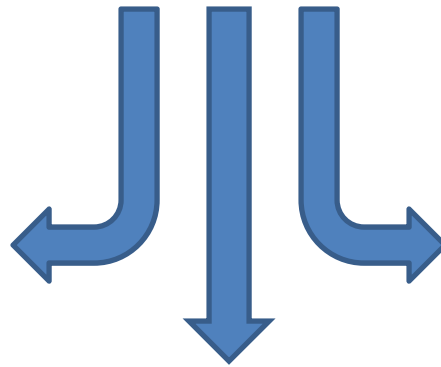
Make Multiple Goals

Long Term

Lose fifteen pounds by November 1st

Short Term

Lose eight pounds by September 1st

Smaller Components

I will lift weights 3 days a week for thirty minutes a day

I will go to bed 15 minutes earlier than usual

I will drink 1 can of soda a day instead of 3

Plan for Relapse

Have options ready if you are not able to follow through with your original goal. Doing *something* is better than doing *nothing*, and will keep your self efficacy high.
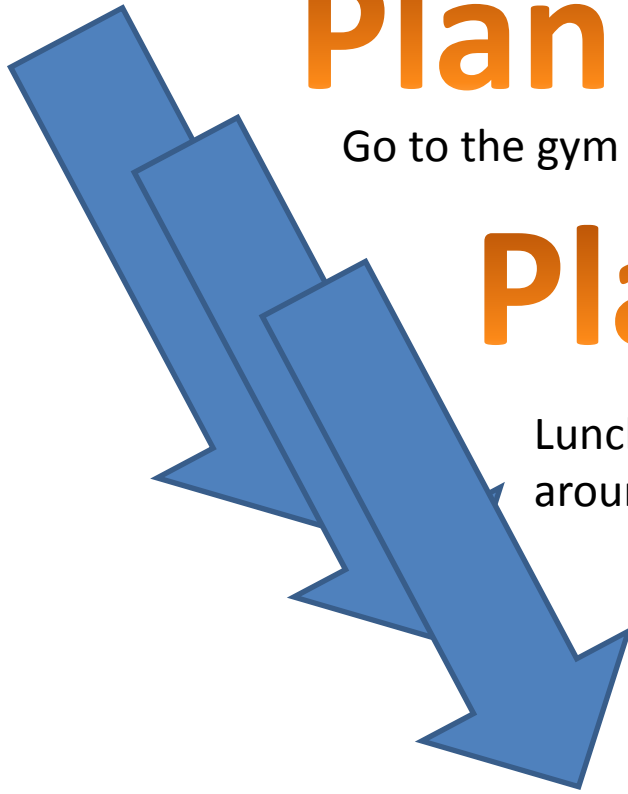
Plan A

Go to the gym during your lunch break

Plan B

Lunch meeting called? Go for a run around neighborhood after work.

Plan C

Weather uncooperative? Have a fitness DVD ready at home.

Counting Calories
Try an online calorie counter
Or
Cup of veggies = **50** calories
Cup of fruit = **100** calories

Portion Size Reference
- 3 oz. of meat = **deck of cards**
- 1 oz. of cheese = **size of your thumb**
- 1 cup = **size of baseball**
- A tsp = **tip of the thumb to the first joint**
- A tbsp = **three thumb tips**
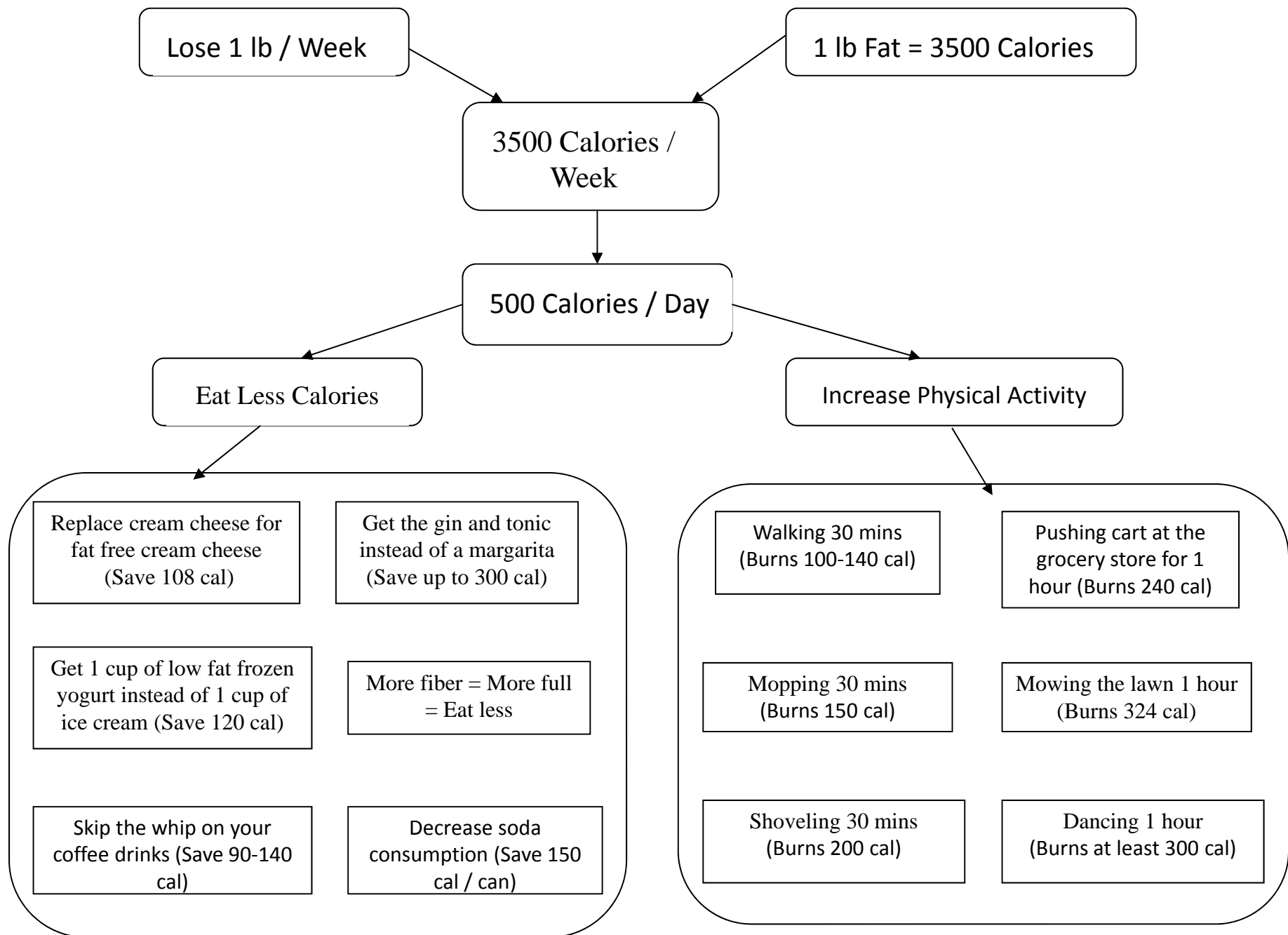
USDA Diet Percentage Recommendations
- 18% Protein
- 29% Fat
- 53% Carbohydrates

Calories per Gram
1 g **Protein**: **4** Calories
1 g **Carbohydrates**: **4** Calories
1 g **Fat**: **9** Calories

```
┌─────────────────────┐                      ┌──────────────────────────┐
│  Lose 1 lb / Week   │                      │  1 lb Fat = 3500 Calories │
└─────────────────────┘                      └──────────────────────────┘
           ↘                                       ↙
                ┌──────────────────────┐
                │   3500 Calories /    │
                │        Week          │
                └──────────────────────┘
                           ↓
                ┌──────────────────────┐
                │   500 Calories / Day │
                └──────────────────────┘
                  ↙                    ↘
     ┌────────────────────┐      ┌─────────────────────────────┐
     │  Eat Less Calories │      │  Increase Physical Activity  │
     └────────────────────┘      └─────────────────────────────┘
```

Eat Less Calories

- Replace cream cheese for fat free cream cheese (Save 108 cal)
- Get the gin and tonic instead of a margarita (Save up to 300 cal)
- Get 1 cup of low fat frozen yogurt instead of 1 cup of ice cream (Save 120 cal)
- More fiber = More full = Eat less
- Skip the whip on your coffee drinks (Save 90-140 cal)
- Decrease soda consumption (Save 150 cal / can)

Increase Physical Activity

- Walking 30 mins (Burns 100-140 cal)
- Pushing cart at the grocery store for 1 hour (Burns 240 cal)
- Mopping 30 mins (Burns 150 cal)
- Mowing the lawn 1 hour (Burns 324 cal)
- Shoveling 30 mins (Burns 200 cal)
- Dancing 1 hour (Burns at least 300 cal)

Sleep Log Worksheet

Name _____

Use these symbols:	● = in bed with lights out	O = got out of bed
	■ = asleep	**C** = had caffeine

Do before bed		5p	6p	7p	8p	9p	10p	11p	midn	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	noon	1p	2p	3p	4p	5p	Do this part in the morning after awakening		
Sleepine ss Level*	Meds																										Sleep quality (circle one)	Date	Things affecting sleep quality
																											Great OK Bad		
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Below, make notes about your experience keeping a sleep log. How did you feel about it? What did you learn?