



Set a goal and create action plans



Your reasons for change

Think about the most important reason or reasons why you want to eat healthier. It can be helpful to note down this reason and to remind yourself of it.

If you've already completed the [healthy eating quiz](#), think about the advice you received to help you eat healthier. For example, you may have been advised to eat more fruit and vegetables.

You can also see the [Tips for healthy eating](#) if you want some more ideas. You can write your reason (or reasons) in the space below.

The most important reason for wanting to eat healthier is:

Setting an overall goal

It's helpful to think about what it is exactly that you want to change. Firstly, think of one overall goal. Ask yourself: "What's the main thing I'd like to change about my eating habits?".

What is the one thing about your diet that you would like to achieve?

If you have completed the healthy eating quiz think about the advice you received.

Examples of some overall goals related to healthy eating could be:

- Eat more healthy foods
- Eat less fat
- Stop unhealthy snacking

Write your overall goal:

Setting more specific goals

Next, think about different things you could do to help you achieve your overall goal. These are like mini-goals, and you might have a few that all help you towards your overall goal.

Some examples of mini goals could be:

- Think about how to add more vegetables into my meals and fruit into my day
- Try out a low-fat alternative to my usual dairy products
- Find ways to reduce my evening snacking
- Replace red meat with chicken or fish a few more times per week
- Plan ways I can record or monitor what I am eating
- Plan a list of healthy breakfast items or meals I can pick from each day
- Learn and spot which emotions trigger unhealthy eating for me (stress, sadness, worry)
- Plan how I can (politely) refuse unhealthy food when I'm offered it

Here are some tips for writing a specific goal:

When you are setting any kind of goal, try to make them SMART - this means:

- **Specific** - adding in more detail will help you see what you need to do
- **Measurable** - using numbers is always helpful
- **Action-focused** - make sure the goal describes a behaviour
- **Realistic** - the goal should be something you can actually do
- **Timed** - know when you want to achieve your goal by

For example, take the goal of: 'I want to eat more fruit'. The SMART version might be "I want to include one portion of fresh fruit in my breakfast 3 mornings a week over the next 2 weeks".

Write your specific goal or goals:

Making a plan

One way you can increase your chances of success is by planning how you are going to actually make the changes you want.

An 'action plan' is a detailed plan of what exactly you are going to do to achieve your goal and how you are going to do it.

A simple way to do an action plan is to add details under the headings of What, Where and When. We've given an example below so you can see how the goals and action plans fit together. You can do as many action plans as you want for your goal – the important thing is for you to feel confident in what you're doing.

We've provided some examples to show you.

Overall goal: to eat more healthy foods

Specific goal: Plan a list of healthy breakfast items I can pick from each day

Action plan:

- What: Search for online recipe ideas and foods that I can start eating for my breakfast and write seven down for the first week!
- Where: Online at home
- When: This week

Specific goal: Replace red meat with chicken or fish a few more times a week

Action plan 2:

- What: stop eating sausage and mash or swap the sausages for salmon instead
- Where: at home
- When: on Friday nights

There's no limit on the number of plans you can set relating to your goal.

Remember to refer to your overall and specific goals when creating your action plan.

Add your action plan

What:

For example, eating more fruit

Where (setting or environment):

For example, at home

When:

For example, on Friday nights

Feel free to make another action plan on the next page.

Add your action plan

What:

For example, eating more fruit

Where (setting or environment):

For example, at home

When:

For example, on Friday nights