



Set a goal and create action plans



# Your reasons for change

You might be unhappy with your weight. If you are, a good place to start is thinking about the most important reason you want to lose it.

It can be helpful to note down your reason and remind yourself of it. This is especially useful if you start to lack motivation to achieve your goal.

You can write your reason (or reasons) in the space below.

**The most important for wanting to lose weight is:**

If you haven't already done so, try our [quiz](#) to see if you are a healthy weight for your height. If you want some ideas for reasons why you want to lose weight, see [The benefits of losing weight](#).

Weight gain happens when you regularly eat and drink more calories than you burn through everyday activity. So, to lose weight it's important to assess your diet and physical activity levels. Learn more about [healthy eating](#) and [physical activity](#).

## Setting a goal

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

If you have completed the weight quiz think about the advice you received. Examples of some overall goals related to physical activity could be:

- Lose weight by changing my diet or physical activity levels
- To lose weight for my health
- Drop down a BMI category

**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:**

- To eat more fruit and vegetables to prevent obesity-related disease
- Increase my activity levels to lose weight
- To replace my unhealthy snacks with healthy ones
- Monitor my weight each week by weighing myself

**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 lose weight for my health

**Specific goal:** To eat more fruit and vegetables to prevent obesity-related disease

**Action plan:**

- **What:** To have a banana as a mid-morning snack and 2 helpings of vegetables with my evening meal
- **Where:** At work and home
- **When:** Every day

**Specific goal:** I aim to lose 1lb a week in weight until I reach my goal weight

**Action plan 2:**

- **What:** By replacing chocolate with fruit and walking to work every day so can walk the last part of journey
- **Where:** From my home to my place of work
- **When:** Every day for the chocolate and weekdays for walking to work

**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*