



Your S.M.A.R.T goals

Once you've decided what changes you need to make to your diet and feel ready to make them, it can be really helpful to set yourself goals.

Goals help you focus on making realistic changes that will make a difference to your lifestyle and will be personal to you. That means that you're more likely to achieve them.

When setting your goals, make sure they are S.M.A.R.T:

Specific

Measurable

Achievable

Relevant

Time-specific



Use the space below to set yourself some goals.

To start with, it might be helpful to think about a few goals that you can achieve in the short term and then once you've achieved them you can set yourself some more.

A series of horizontal dashed lines for writing goals.



For more information and advice about healthy eating, check out [bhf.org.uk/eatingwell](https://www.bhf.org.uk/eatingwell)