



Form Healthy Habits: Tips for Long Term Success

Key Takeaways:

1. **Find your “why”** – Take time to reflect on your motivation and “why” for making healthy changes. Write this down where you will see it.
2. **SMART Goals** – Goals should be Specific, Measurable, Attainable, Realistic, and Time limited.
3. **Focus on the little things** – While your long term goals are important, take time to set 3-5 small, short term goals to start your process.
4. **Example goals:**
 - a. Lose 5 lb in the next 30 days.
 - b. Drink a full glass of water first thing every morning for the next 2 weeks.
 - c. Include 1 vegetable at lunch every day this week.
5. **Set your own** – Use the space below to set 3-5 habit-based mini goals for the next month. Refer back to your goals in a couple of weeks to make sure you are on track. Check again after a month to celebrate successes and reevaluate for next month.



My Why:	
Goal 1	
Goal 2	
Goal 3	
Goal 4	
Goal 5	

