

## How to Accomplish Your Health Goals: Part 2

### **Know the time of day when you are most productive.**

What time do you really get into the groove? Why is this time more productive? Whatever time this is for you, use it to work towards your BIG health goal. Think about how you can recreate that same productive environment to extend it to other days and times during the week.

### **Stay honest with your goals.**

As you progress, give yourself weekly performance appraisals on your goals. Were you too ambitious or not ambitious enough? If you are surpassing your goals, perhaps you can set higher goals for yourself. If you are struggling to meet the goals you've set, it might be worth a second look to see if they were realistic. If you find that your goals were realistic, but you're still struggling to meet them, it's time to take a closer look at your behaviors and see if you are self-sabotaging in any way. Determine what you need to change to make your goals happen. Be brutally honest but then give yourself a hug!

**Be a consistent planner.** Start and end each day with 5 minutes of planning. Create a system that works for you. Maybe it involves reviewing your health goals, [evaluating the food in your pantry or freezer](#), or mapping out when you'll grocery shop or exercise that week. But be flexible –sometimes things will have to get bumped. A good rule of thumb is to plan for each activity to take 50% longer than you initially think it would. If you pad your schedule this way, you won't feel so overwhelmed!

### **Set Smart Goals.**

When you're forming your health goals, use this SMART checklist to make sure they include all the necessary components to set yourself up for success.

**Specific:** A specific goal will help you stay on track. Rather than "I want to lose weight," be specific about exactly how much weight you want to lose.

**Measurable:** Include some way of measuring your progress along the way. If you don't want to focus on pounds, try inches lost, or clothing size.

**Achievable:** Choose a challenging goal, but one that is still feasible with hard work. Setting an unrealistic goal, like dropping 40 pounds in one month, will only set you up for failure and disappointment.

**Relevant:** Reflect on why this goal is important to you. Why do you value it? Why do you want to achieve it? How will achieving it affect your life? Write your reasons on a post-it note and keep it somewhere where you can see it every day, like on the bathroom mirror or in your sock drawer.

**Time-bound:** Make sure you add a time line to your goal. If you skip this step, it becomes all too easy and convenient to push your goals into 'next month'. For example, if your goal is to lose weight, be specific about the time frame in which you plan to do so.

**Remember.** There's never a perfect time to start. Make sure your goals are SMART. Schedule your goals in. Track your progress with self-appraisals. Continually evaluate your goals –they should be fluid and lead to your BIG health goal. Track your progress. Use social accountability to keep you honest and true to your BIG goal. You can do this! Explore our fitness section and

nutrition section of Melissa's Healthy Living for more ideas then head over to [SuperKidsNutrition](#) to learn more on healthy eating and living.