

Personal Goal-setting Worksheet Instructions

This is the companion piece for our goal setting worksheet.

Relax a little, have a cuppa tea or a glass of water and think your way through the next several weeks. What's a reasonable goal over the short term? What bumps could there be? What little steps can you take? Fill out the worksheet with only this coming month in mind. Hang it up where you can see it every day and reread it to keep the goal in front of you.



Starting point

- **Height** – Measure first thing in the morning – you're tallest then. No shoes, shoulders and posterior against the wall, head straight and eyes forward. It's easiest if someone else does the actual measurement
- **Waist** – some people have an hourglass figure with a natural waist. Some of us don't, yet. For us, poke around til you find your hipbones, then circle the tape measure about an inch above the hip bones.
- **Weight** – weigh yourself at the same time each day. Weight fluctuates up and down throughout the day.
- **BMR** – your basal metabolic rate is the number of calories your body burns at rest. Attend one of our monthly goals setting classes and we'll provide your BMR (no charge – free class) Also the body fat and visceral fat numbers.
- **Body fat %** – this figure indicates how much of your body is fatty tissue. Zero is not good. Healthy percentage for American men is 14 – 20 (obese is 25% or more), for women is 21 – 28 (obese is 32% or more. Athletes will have lower percentages.
- **Visceral fat is not desirable** – it surrounds your organs and produces the 'apple' shape.
- **Size** – pants or dress – record the comfortable size, not the tiniest one you can fit into.

The following figures are provided by your medical practitioner – though most grocery/drug stores have a free blood pressure tester. Kinda scary that the penny rides are gone and blood pressure checkers have replaced them.

- **LDL** – 'Lousy cholesterol' Low is best (under 130 mg/dl)
- **HDL** – 'Healthy cholesterol' This is a building block for creating hormones and other necessary functions. Best is above 60 mg/dl.
- **Triglycerides** – are a type of fat often increased by sweets and alcohol. (Mayoclinic.com is our reference site)
- **BP** – Blood Pressure is also necessary. Low is good, everyone needs a pulse. The top number is the systolic and measures arterial pressure as the heart pumps and the bottom number is the diastolic and measures the pressure while the heart relaxes. A good reading is 120/80.

How to accomplish my goal

- **Calories in** - Think about where you get your excess calories. Beverages? Donuts, fast food, snacking? Write down 3 things you could drop, limit or adjust
- **Calories Out** – How can you move your legs and arms more (bigger muscles burn bigger calories) Don't take the nearest parking space, use the stairs instead of the elevator (start with one flight and gradually increase), stand up during every tv commercial, or every half hour on your computer. (A quick burst of running in place works wonders)
- **Life Style changes** – These are bigger changes – pick one or two things that you'd like to add or remove in your personal life.
- **"Eat healthier"** – is too big. I will eat 1 ½ cups more of vegetables each day (and if I miss a day I'll add a cup to the next day) Or have salmon (wild, canned is good) or tuna once per week.
- 'Get more exercise' could be play catch after dinner, walk the dog an extra 3 blocks, use the basketball hoop over the garage or schedule a once a week walk with a friend or neighbor.

3 Things to do differently this week

Write down 3 specific things you'd do this week. You're promising yourself – these 3 things, just this week. Short term – easier kept promises will help you succeed. Which of the Calories in, Calories out or lifestyle changes will you include this week?

Who can help?

Child, sibling, spouse, friend, co-worker, neighbor... (out of town/state/country is ok) Who in your life would encourage you? Tell them what you're doing – you want a supportive person to tell your troubles and triumphs to.

Relaxation

What do you like to do? What would you like to try? Find another outlet for boredom, stress, or whatever you can do to keep your hands busy and empty of food. Want to learn (or relearn) a foreign language, or read a book that people are talking about? Why not visit the local library for book on tape? Then go for a walk or just march in place while you listen.

- **Weight loss goal** – If your waist is already less than 34 (ladies) or 40 (gents) then you can mark this goal DONE. Waist size can be an indicator of heart problems – now or later.
- Even a 3 or 4 percent drop in body weight is a great start on your goal. It may not be obvious in clothing sizes, but it really does improve your health.
- **Health goals** – Pretty straightforward – what other issues should be on your mind?
- **Saboteurs** – Plan ahead for people and events that can push you off track.
 - Busy day ahead with no time for a meal – pack a meal replacement bar or shake.
 - Restaurant meal today – check out the menu and decide ahead of time. Push the bread or chips away immediately!!!!
 - Received a gift of calories? Stash a couple then give the rest to skinny people.

Write down your slip ups, create a plan for next time then forgive yourself. Life is a journey, not a parachute drop. The occasional detour will happen.

Now post the worksheet where you can see it every day and reread it to keep the goal in front of you. And if you're a MakeItMe member – [go to the rewards page](#) and pick the next reward that you'd like to earn.