



weight management psychology

Process Goals - SMART Goals

Specific - e.g., exercise VS walk

Measurable - e.g., Do my food prep VS Prepare 3 dinners for the week on Sun

Action-oriented - e.g., Get fit VS Attend 2 PT sessions a week for 6 months

Realistic - e.g., Quit Sugar Forever VS Apply tapping to reduce sugar cravings

Timed - e.g., I'm going to call & book in with Jan VS By the end of the week I will have called and booked in with Jan

SMART goal 1:

SMART goal 2:

SMART goal 3:
