

Family Goals

When we are trying to change our physical activity and eating habits, goals are a really useful tool for motivation. If we set them well, it's easy to see our progress, know how well we are doing and notice whether we are "on track" or not.

If we set a goal like: "I am going to be fitter", it is really hard to know if / when we have met the goal because it is hard to pin down what that means, by when, how will I know.



Os objetivos mais eficazes a estabelecer são os **SMART**:

- | | | |
|----------|-------------------|--|
| S | SPECIFIC | Your goal is direct, detailed and meaningful
Say exactly what you will do. For example:
"I will go to the gym twice a week before work" or "I'll walk to and from school rather than drive for four days out of 5 each week". |
| M | MEASURABLE | Your goal is quantifiable to track progress or success
To know if / when you have achieved a goal, you need to be able to measure it:
"Each week I will add an extra 5 minutes to my daily walk", "I will add 1 mile to my weekend cycle ride every Saturday until I can cycle 10 miles" |
| A | ATTAINABLE | Your goal is realistic, and you have the tools and / or resources to attain it
your goal needs to be something you can and are willing to do. If you are not yet a runner, setting a goal of running a marathon in 4 weeks is not attainable
"I will do the couch to 5k programme, and sign up for a 5k run in 3 months' time" |
| R | REALISTIC | Your goal is in line with what you want to achieve
Something you can do with the resources you have i.e., time, money, equipment. Although a 1:1 personal trainer three times a week would be good, it may suit your diary and bank account more to access a group exercise class, or workout from home. |
| T | TIME-BASED | Your goal has a deadline
Give yourself an appropriate timeframe to meet your goal in. For example,
I will swim 1000m every week when I have finished my swimming lessons". |

In coming to this programme what are some of the concerns you want help with or goals you want to get to?

List up to 3 goals (focused on healthy eating, physical exercise, other)

Goal No.	Goal Description
Family Goal 1	<i>E.g., We are going to go for at least two 30 min (or more) walks as a family every week until the end of the year</i>
Individual Goal 2	<i>E.g., I will join the Move More Run Together Couch to 2km programme by the end of November and ask Sarah to do it with me</i>
Individual Goal 3	<i>E.g., I will choose to drink water instead fizzy sugary drinks at mealtimes, 5x/week</i>

If you have any other goals, please list them here:



Are they: Specific? Measurable? Attainable? Relevant? Time-based?

Goals agreed with: _____

Completed by (parent name): _____

Date : _____

GOAL PROGRESS CHART

Goal No. 1 _____

Date	Progress to this goal (Please circle the appropriate number)										
	Zero means no progress, 10 goal has been reached fully, 5 is halfway between the two										
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
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Table adapted from: [go8als-and-goals-based-outcomes-gbos.pdf \(wordpress.com\)](https://www.wordpress.com/go8als-and-goals-based-outcomes-gbos.pdf)

GOAL PROGRESS CHART

Goal No. 2 _____

Date	Progress to this goal (Please circle the appropriate number)										
	Zero means no progress, 10 goal has been reached fully, 5 is halfway between the two										
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
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Goal No. 3 _____

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	0	1	2	3	4	5	6	7	8	9	10
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