

Progress Monitoring

Chart *Measure your success*

Set some simple goals to eat well, be more physically active and boost your self-esteem to help keep you motivated. Keep these two important strategies in mind:

1. Be realistic.

Set small challenges and increase them weekly when you are ready to go to the next level. This way, you are more likely to achieve your goal.

2. Forgive yourself if you don't quite reach your goal this week.

Put the week behind you and look forward to your next challenge.

Examples of goals you might set:

Being active

- I will take a 10 minute brisk walk at least 3 days this week.
- I will arrange to be physically active with a friend or family member at least once this week.

Eating well

- I will eat a healthy breakfast every day this week.
- I will eat one more serving of vegetables or fruit every day this week.

Being myself

- I will reward myself at least once this week with a long bath.
- I will take 15 "just-for-me" minutes every day this week.



Healthy Measures

Be active • Eat well • Be yourself

Week 1	Affirmation	Goal: Being active	Goal: Eating well	Goal: Being myself	Reflections
Date: _____	Practice self-respect and self-love – they reinforce each other. Trust that you can take good care of yourself.	_____	_____	_____	_____
Week 2	Date: _____ Physical activity adds more to your life... more energy... more fun... and more years. Be good to yourself by adding more to your life.	_____	_____	_____	_____
Week 3	Date: _____ Change the way you see – not the way you look. Nurture yourself with a healthy attitude for life.	_____	_____	_____	_____
Week 4	Date: _____ Do something today to make your life easier tomorrow. Cut up vegetables, make walking plans with a friend or set aside “me” time.	_____	_____	_____	_____
Week 5	Date: _____ Say a sincere “thank you” when you receive a compliment – you have earned it! Be an optimist about life.	_____	_____	_____	_____

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Week 1	Affirmation	Goal: Being active	Goal: Eating well	Goal: Being myself	Reflections
Date:					
Week 2					
Date:					
Week 3					
Date:					
Week 4					
Date:					
Week 5					
Date:					

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