

DIETARY GOAL SETTING

1. Nominate your Non-Negotiable

Nominate your non-negotiable AKA your long-term goal. What are you committed to accomplishing in order to improve your overall health?

For example: I'd like to lose 30 lbs

NON-NEGOTIABLE: Lose 30 lbs

My non-negotiable is

2. Simplify + Clarify

Come up with 3 or 4 clearly stated actionable goals that will draw you closer to your non-negotiable.

For example: Exercise more, eat less carbs, cook more often, drink less, eat less fast food.

Actionable Goals: 1..... 3.....

2..... 4.....



3. Map a Realistic Plan of Action

Break down each goal into feasible, bite size pieces.

For example:

- Exercise more by running 3x a week
- Eat less carbs by limiting myself to 25g of carbs per day.
- Prepare on-the-go meals 4x a week with help from the video tutorials offered in Module 3, Lesson 6.
- Limit drinking to an occasional social experience, meaning once a week.
- Cut out fast food altogether. Sayonara sucka.

I will accomplish goal #1 by

I will accomplish goal #2 by

I will accomplish goal #3 by

I will accomplish goal #4 by

