

OUR "SMART" FAMILY OBJECTIVE

Setting objectives helps you make the necessary changes to achieve a healthy lifestyle.

What do you do as a family to live healthily? What other lifestyle habit would you like to change?

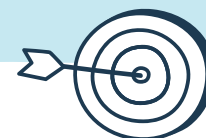


Using the "SMART" approach, establish an objective that you want to focus on.

S	M	A	R	T
SPECIFIC What is our objective? It must be clear and precise.	MEASURABLE How will we measure our progress?	ACHIEVABLE What actions do we need to take to achieve our objective?	RELEVANT Does the objective take into account our resources (e.g. time, energy, budget) and our family context?	TIME-BOUND When do we want to achieve our objective?
<i>Example: Our objective is to eat 3 meals a week as a family.</i>	<i>Example: We'll use a calendar to keep track of the days we've eaten together as a family.</i>	<i>Example: We'll plan in advance which days we'll eat together as a family.</i>	<i>Example: Aim for times when all family members are present.</i>	<i>Example: By March 31, we'll have 3 family meals a week.</i>

OUR "SMART" FAMILY OBJECTIVE IS: _____

Example: By March 31, we'll have family meals every week, on Monday and Wednesday evenings and Sunday mornings



TAKE THE TIME TO CELEBRATE YOUR ACHIEVEMENTS, BIG OR SMALL!