



# My Goal: Good Trade-offs



## Better Food Choices



### How to set achievable, enjoyable food goals:

Even when we try our best to be healthy, we most often manage what we measure. When we take time to measure or track progress, we turn a “good idea” into a measurable goal.

- Measure for a day. Journal your foods for one day, and see where you’d to like improve.
- Make small changes for a limited time period, and celebrate every little success.
- Start with trade-outs or “one bite less.” Don’t do a deprivation method. Instead practice substitution.

### Realistic Goal Checklist



Is your goal realistic? Run it through this checklist to find out.

- Is your goal easy?** (Example: **I will swap my chips for a veggie during my lunch each day this week.**)
- Is your goal specific?** (Example: **I will choose two new healthy recipes this week from [www.heart.org/simplecooking](http://www.heart.org/simplecooking).**)
- Do you have a clear prompt to remind you?**  
(Example: **When I order my lunch, I will read labels and choose low sugar foods.**)

## I’m in! My Goal

I will \_\_\_\_\_ when I \_\_\_\_\_ for \_\_\_\_\_

(Enter activity)

(Enter Prompt)

(Number)

(Times, Days, Weeks, etc.)

(Example: I will trade my lunchtime sugary soft drink for a bottle of water for five days.)

### TRACK YOUR PROGRESS



You’re moving toward your goal. Keep up the good work!

