



# My Goal: A Healthy BMI



## Healthy Weight



### How to set achievable, enjoyable healthy weight 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. Weight management often means making many small changes and watching the results improve over months, rather than days or weeks.

Log your physical activity. Many apps and pedometer-based gadgets can help you set a steps goal. Start with food trade-outs or “one bite less.” Don’t aim for deprivation. Instead practice substitution. Make small changes for a limited time period, and celebrate every little success.

### Realistic Goal Checklist

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

- Is your goal easy?** (Example: **After lunch I will take an extra ten-minute walk five days this week.**)
- Is your goal specific?** (Example: **I will log what I eat for two days this week.**)
- Do you have a clear prompt to remind you?**  
(Example: **After I brush my teeth, I will step on the scale for five days this week.**)

## I'm in! My Goal

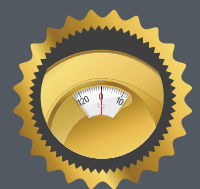
I will \_\_\_\_\_ when I \_\_\_\_\_ for \_\_\_\_\_

(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!



Keep setting healthy goals!

For more information, visit [MyAFibExperience.org](http://MyAFibExperience.org).