



# Goal Setting & Self-reward

## Participant Handout

### Goal Setting

Remember to be **SMART** when you set your goals:

**S**pecific: Goals should refer to a specific thing, rather than a general idea. Avoid goals like, "I will be more active" or "I will eat better," because they are too vague (How would you define "more" and "better"?)

**M**easurable: You should be able to know whether or not you have achieved your goal.

**A**ttainable & **R**ealistic: You should be able to reach the goals you set.

**T**ime-oriented: Goals should have a time frame attached to them so you can see if you have achieved them.

**Short-term** goals should be small, fairly easy to achieve steps toward reaching your long-term goals. **Long-term** goals require more effort and planning, and are harder to achieve than short-term goals.

### Self-reward

#### **What is self-reward?**

Self-reward is an incentive or reward you offer yourself when you reach a goal.

#### **Why is it important?**

It is important to reward yourself when you accomplish your goals; it helps you feel better about yourself and your accomplishments and is also an incentive to work toward your goals!

#### **When do I reward myself?**

You can reward yourself when you reach or make progress toward a physical activity or healthy eating goal, or if you stick with your physical activity or healthy eating program.

#### **How can I reward myself?**

It doesn't need to be fancy or expensive, just something that you enjoy!

### **Physical Activity and Healthy Eating Log**

Day	1	2	3	4	5	6	7
Minutes of PA	10 20 30	10 20 30	10 20 30	10 20 30	10 20 30	10 20 30	10 20 30
# of fruits & veggies	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+	1 2 3 4 5 6+

"Delight yourself in the Lord; and he shall give you the desires of your heart." *Psalms 37:4*