**SMART goals for weight loss**

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**Be Specific in what you want to achieve in the next 28 days**

*Example could be: I will lose one stone in 28 days! Being assertive and using the positive command will enforce the suggestion and writing it down will confirm your intention!*

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**How is your specific goal Measurable?**

*Examples could be: I feel good in my clothes, or something that felt tight before now feels loose. Other peoples’ comments is another one, you may get asked if you have lost weight?*

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**What Action are you prepared to take to reach your goal?**

*You are obviously currently taking this course which is a great start, however, could you walk more, maybe park your car further away from the entrance to the supermarket, take the stairs instead of the lift? What ACTION can you take NOW?*

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**Is your Specific goal Reasonable and Realistic?**

*Some people set goals way too high and unrealistic and will take drastic measures like skipping meals or even dehydrating themselves, we know that this is not beneficial and can harm your long term health goals so think carefully about what you would like to achieve.*

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**Is the Time you have set yourself sufficient enough to reach your goal?**

*Ensure you have set a time scale that you can keep to, moving the goal posts more often than once will be difficult to sustain. We approach this in a more sustained time frame and encourage health over losing weight quickly. The weight will come off but you will have learned the ways to keep it off for good.*