

Put It Into Action: Homework



Set a SMART goal related to:

- Increasing your intake of whole grains
- Getting more fibre
- Decreasing added sugars
- Increasing physical activity – cardio/fitness

Start to read food labels for fibre and sugar

Continue to use your Healthy You Journal to track and monitor your progress.

Ask yourself “Am I Hungry?”

My Goal is:

How I am Going to Achieve My Goal...

Action steps towards achieving my goal. Think about “*When, Where, How,* and *Who* will help me”:

Barriers/Roadblocks that might get in the way when working towards my goal:

Solutions for those barriers and roadblocks:

How confident are you that you can put this plan into action?

Rate your goal on the scale below. Change your goal until you are at least 7/10 confident you can do it.



Notes: