Goal Setting for Better Health

Goal setting is a tool you can use to think about changes you would like to make in the near future. Goals can be helpful for things like exercising more, maintaining a healthy weight, eating healthier foods, or drinking more water.

Steps to Reaching your Goal:

Step 1: Brainstorm
First, start off by brainstorming a list of changes you would like to make or tasks you would like to complete.

For example:
- I would like to eat more vegetables each day OR
- I would like to exercise more.

Step 2: Choose a Goal
The goal you make should be specific and clearly state what change you want to achieve. If your goal is unclear, it will be hard to know if you have completed it.

- General goal: “I would like to eat more vegetables.”
- Specific goal: “I would like to eat at least 1 cup of vegetables each day at lunch.”

Make sure this goal is realistic for you.
- Unrealistic goal: “I am going to cut out all added sugar.”
- Realistic goal: “I am going to limit dessert to once a week.”

Step 3: Try It
Support from family and friends is important with a new goal. Talk to your family about your goal and how they can help. Find a friend with a similar goal and do it together.

Step 4: Keep Trying

Step 5: Make it a Part of your Life
Step 4: Keep Trying
There are many barriers that could keep you from reaching your goal. Think about these possible barriers and ways that you can fix bumps in the road. Do not give up if you do not meet your goal every time. Keep trying!

Step 5: Make it a Part of your Life
Keep your goal by making it a part of your every day routine.

TIPS:
- Start off slow. Work on one goal at a time.
- Make a calendar that you can mark each day you complete your goal.
- Place something on the refrigerator as a daily reminder of your goal.
- Keep a journal to write about barriers you face and how you can get around them.
- Remember: It is better to start with a small step that you think you can do, than a big goal that will end up being too hard.

MyPlate Wrap
Serving size: 1 wrap, Servings per recipe: 1

Ingredients
1 whole wheat wrap
1 tablespoon hummus
2 thin slices of cheddar cheese
3 thin slices of apple
4 thin slices of cucumber
1 leaf of romaine lettuce

Directions
1. Place wrap on cutting board. Spread hummus on wrap.
2. Add sliced cheddar cheese, apples, and cucumbers. Top off with lettuce.
3. Fold in both sides and roll the wrap like a burrito. Cut in half and serve.

Nutrition Facts
Serving Size 1 wrap (122g)
Servings Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 190</th>
<th>%Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat 6g</td>
<td>9%</td>
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<tr>
<td>Saturated Fat 2.5g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 5mg</td>
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<tr>
<td>Sodium 420mg</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Calcium 10%</td>
<td>Iron 2%</td>
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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.