

my measurements

Before you begin, you will need to record your measurements to help you set your goal. Record your measurements every four weeks so you can rejoice in your progress, or step up your efforts a little if you need to. As a general rule, when you change your routine to include more exercise and alter your eating habits you will find your muscles 'tone' and you will begin to lose fat stores, which will give you a slimmer look. And you will have loads more energy, too!

SMART goals

Once you are at the preparation stage, you must plan properly and set your goals. The best goals are SMART:

- ④ **Specific:** Set a well-defined goal.
- ④ **Measurable:** Establish criteria so you can measure your progress.
- ④ **Achievable:** Set goals that are within your limits.
- ④ **Realistic:** This means 'doable', not easy.
- ④ **Time-based:** Create a deadline – without one it is easy to lose motivation.

my 12-week goal

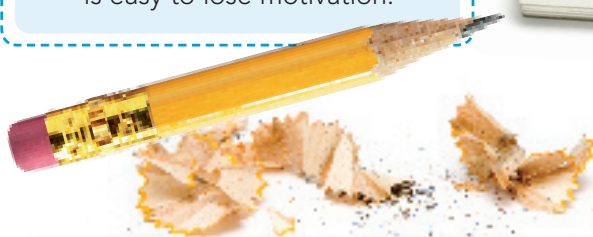
start date:

end date:

goal:

actions to achieve goal:

- 1
- 2
- 3



to calculate your BMI, go to www.healthyfood.co.nz, select 'tools' then select 'BMI calculator'.

MEASUREMENTS

beginning

week 4

week 8

week 12

| Date | | | | |
|-----------------------------------|--|--|--|--|
| Weight (kg) | | | | |
| BMI (kg/m ²) | | | | |
| Waist circumference (cm) | | | | |
| Resting heart rate (bpm) | | | | |
| Energy levels (low, medium, high) | | | | |