



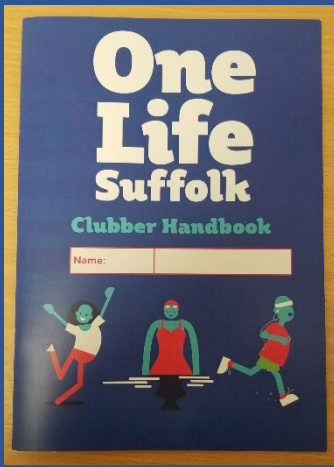
KEY INFORMATION



The key to getting healthy is **goal setting**. You'll hear about goal setting during every session at OneLife. Individuals who set and monitor their goals consistently are the ones who will make changes that lead to weight loss, health and happiness.

JOURNEY GOALS (WEEKLY)

END GOALS (LONG-TERM GOALS)



Don't forget to bring this along with you every week to set your goals!

S.M.A.R.T. goal setting

- Specific** -well defined and clear
- Measurable** – Breaking the goal down to track progress and stay motivated
- Achievable** – Not impossible to achieve
- Realistic** – within reach and relevant to your life purpose
- Timely** – within a clearly defined timeline

A SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving that goal.

USEFUL RESOURCES:

1. OneLife Suffolk Clubber Handbook
2. <https://www.nhs.uk/live-well/>
3. <https://www.nhs.uk/change4life> : a fantastic reference for all things healthy living