

## End Goals

Use the table below to write down your end goals. Remember these are long-term goals which you will have to work towards by building up lots of journey goals.

Weight doesn't just affect health – it affects other aspects of life too.

Some people like to have a weight-related goal and a non-weight related goal. If you feel that you've completed one of your end goals you can give yourself a new one at any time.

Type of goal	My goals	Achieved/ comments
Mid way goal 1		
Mid way goal 2		
End goal 1		
End goal 2		

## Journey Goals

Journey goals are what they say they are; goals that you set along the way to help you reach your end goal. We like to set journey goals so that we can build on them each week; remember little changes make big differences over time.

It is important that you track your goals, as this allows you to see your progress and achievements and to ensure that your success continues. Setting journey goals isn't something you have to do on your own, so if you're struggling you can get in touch with the MoreLife Team who will be happy to help. Alternatively, why not ask other members about their goals in our closed Facebook groups?

	Session 1	Session 2
My goal/s are		
Are your goal/s	<b>Specific</b> <input type="checkbox"/> <b>Measurable</b> <input type="checkbox"/> <b>Achievable</b> <input type="checkbox"/> <b>Realistic</b> <input type="checkbox"/> <b>Time-based</b> <input type="checkbox"/>	<b>Specific</b> <input type="checkbox"/> <b>Measurable</b> <input type="checkbox"/> <b>Achievable</b> <input type="checkbox"/> <b>Realistic</b> <input type="checkbox"/> <b>Time-based</b> <input type="checkbox"/>
Comments (i.e did you achieve your goal/s? What helped you? Were there any barriers?)		

	Session 3	Session 4
My goal/s are		
Are your goal/s	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>
Comments (i.e did you achieve your goal/s? What helped you? Were there any barriers?)		

	Session 5	Session 6
My goal/s are		
Are your goal/s	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>
Comments (i.e did you achieve your goal/s? What helped you? Were there any barriers?)		

	Session 7	Session 8
My goal/s are		
Are your goal/s	<b>Specific</b> <input type="checkbox"/> <b>Measurable</b> <input type="checkbox"/> <b>Achievable</b> <input type="checkbox"/> <b>Realistic</b> <input type="checkbox"/> <b>Time-based</b> <input type="checkbox"/>	<b>Specific</b> <input type="checkbox"/> <b>Measurable</b> <input type="checkbox"/> <b>Achievable</b> <input type="checkbox"/> <b>Realistic</b> <input type="checkbox"/> <b>Time-based</b> <input type="checkbox"/>
Comments (i.e did you achieve your goal/s? What helped you? Were there any barriers?)		

	Session 9	Session 10
My goal/s are		
Are your goal/s	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>
Comments (i.e did you achieve your goal/s? What helped you? Were there any barriers?)		

	Session 11	Session 12
My goal/s are		
Are your goal/s	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>	<p><b>Specific</b> <input type="checkbox"/></p> <p><b>Measurable</b> <input type="checkbox"/></p> <p><b>Achievable</b> <input type="checkbox"/></p> <p><b>Realistic</b> <input type="checkbox"/></p> <p><b>Time-based</b> <input type="checkbox"/></p>
Comments (i.e did you achieve your goal/s? What helped you? Were there any barriers?)		