

WEIGHT-LOSS GOALS

THE FASTING BOOST

Method

SMART Goal Setting

SMART Goal Setting

The key to setting weight loss goals is to follow the standard of goal setting, which means it needs to be SMART. A SMART goal stands for the following characteristics:

- **Specific:** Be clear about your intention by putting some numbers and details into your goal.

When setting a goal, be specific about what you want to accomplish. Think about this as the mission statement for your goal.

Who – Consider who needs to be involved to achieve the goal (this is especially important when you're working on a group project).

What – Think about exactly what you are trying to accomplish and don't be afraid to get very detailed.

SMART Goal Setting

When – You’ll get more specific about this question under the “time-bound” section of defining S.M.A.R.T. goals, but you should at least set a time frame.

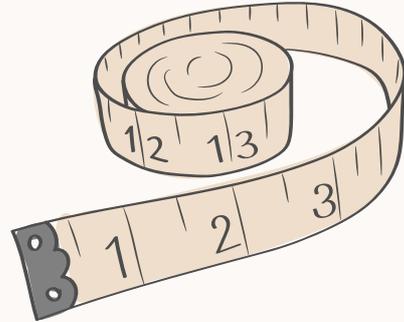
Where – This question may not always apply, especially if you’re setting personal goals, but if there’s a location or relevant event, identify it here.

Which – Determine any related obstacles or requirements. This question can be beneficial in deciding if your goal is realistic. For example, if the goal is to open a baking business, but you’ve never baked anything before, that might be an issue.



SMART Goal Setting

Measurable: How will you keep track of your progress?



Will you measure body weight, waist circumference, or exercise performance?

What metrics are you going to use to determine if you meet the goal? This makes a goal more tangible because it provides a way to measure progress.

If you have more weight to lose, that's going to take a few months to complete, then set some milestones by considering specific tasks to accomplish.

Milestones are a series of steps along the way that when added up will result in the completion of your main goal - weight loss and better health.

SMART Goal Setting

As the “M” in SMART states, there should be a source of information to measure or determine whether a goal has been achieved.

The M is a direct (or possibly indirect) indicator of what success for a particular goal will look like.

Even if a perfect, direct measurement source is not immediately feasible for a given goal, writing down about the desired end result (why this goal is important) and what the measurement options are (what success might look like) is an important and valuable part of performance planning.

Measurement methods can be both quantitative and qualitative.



SMART Goal Setting

- **Attainable:** Do you have the time, resources, and motivation to reach your goal?

This focuses on how important a goal is to you and what you can do to make it attainable and may require developing new skills and changing attitudes.

The goal is meant to inspire motivation, not discouragement. Think about: how to accomplish the goal, if you have the tools/skills needed, if not, consider what it would take to attain them.



*Download and print the SMART template to help you achieve your health goals.

SMART Goal Setting

- **Realistic:** It's OK to set an ambitious goal as long as it's possible and within reach.

Focusing on something that makes sense with the broader weight loss goals.

- **Time-bound:** Set a deadline for your goal. Break it up into shorter-term milestones to stay on track for the long haul.

Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed. Providing a target date for results is imperative.

Ask specific questions about the goal deadline and what can be accomplished within that time period. If the goal will take three months to complete, it's useful to define what should be achieved half-way through the process.

Providing time constraints also creates a sense of urgency.

Setting Good Goals

Obviously, your goal is to lose weight, but that's a pretty arbitrary goal. If you set that as your goal, it raises a lot of questions – How much? By when? How are you going to do it? If that's the only goal you've got, you're probably going to forget about it because it's so vague.

Give yourself a timeframe
for achieving your goal.



If you don't, you'll probably find that you give yourself permission to slack or put things off, thinking that a few days off-plan won't matter – and we all know how that sort of thinking can snowball. But if your goal is to fit into that t-shirt by your birthday, then you know exactly what you need to do and how long you've got to get to that point.

BMI Body Mass Index

Body mass index or BMI is a measure of your weight relative to your height. A BMI calculator determines your current BMI. For the general population, a BMI of 18.5-24.9 correlates with the lowest health risk.

Overweight is defined as a 25.0-29.9 BMI, obesity is 30 or higher BMI, and underweight is one < 18.5 on the index.

A BMI outside the lowest risk range typically means higher health risk.

Steps to Get to a Healthy Target Weight

Stepwise weight-loss goals are more manageable than setting a sizable ultimate goal. Also, setting your first goal to emphasize health is a smart way to start the journey.

Steps to Get to a Healthy Target Weight

If you are overweight, aim to lose 10% of your starting body weight for your first milestone.

Dropping just 10% of your initial body weight is enough to help you improve your risk for chronic disease, as well as manage existing chronic disease (e.g., high blood pressure, high blood cholesterol, and type 2 diabetes).

A critical amount of weight loss for better health, 10% off shouldn't be disregarded just because it doesn't sound like much.

To calculate your target weight, multiply your current weight by 0.90.

Example: Your original starting body weight is 250 lbs.

Your next body weight goal would be $250 \text{ lb} \times 0.90 = 225 \text{ lb}$.

Allow For Setbacks

Setbacks are a natural part of behavior change. Everyone who successfully makes changes in his or her life has experienced setbacks.



It's better to expect them and develop a plan for dealing with them. Identifying potential roadblocks — a big holiday meal or an office party, for example — and brainstorming specific strategies to overcome them can help you stay on course or get back on course.

Small adjustments in eating and exercise after a high-calorie encounter can quickly put you back on track to reach your weight loss goal.

When you approach weight loss with a broader focus, you'll feel less stress over isolated events. If you get off track with not being able to fast, a high-calorie meal or a missed workout, don't panic!

Allow For Setbacks

Avoid creating stress. Focusing on your mistake creates stress. Stress leads to lack of sleep and emotional eating, and both can hinder weight loss. It was one fasting schedule gone wrong, one meal, one dessert, one workout. Forgive yourself and move on.

Evaluate your missteps. It's important to evaluate what caused you to stray in the first place. Use our tools and resources to help!

Reassess and Adjust Your Goals as Needed

Be willing to change your goals as you make progress in your weight-loss plan.

If you started small and achieved success, you might be ready to take on larger challenges. Or you might find that you need to adjust your goals to better fit your new lifestyle.

Non-Food Rewards

You could make your rewards things that will help you on your way to your ultimate weight loss goal



- Give yourself permission to take a nap or sleep in!
- Visit the library or bookstore all by yourself.
- Have a guilt-free home spa afternoon.
- Take a selfie to celebrate your progress.
- Spend an hour away from your phone or computer.
- Clean out your closet and donate all your too-big clothes to charity.
- Post your progress on social media so your friends can celebrate with you.
- Take a bubble bath.



Non-Food Rewards

- Drive to a beautiful neighborhood or park to walk instead of taking your usual walking route.
- Use smiley face or star stickers to note milestones on a wall calendar hung in a prominent place.
- Make your own ribbon or trophy. 
- Make or buy a refrigerator magnet with a motivational quote.
- Take a vacation day from work to do whatever you want! 
- Unwind with a movie of your choice.
- Plan a night out with your friends. 

Losing weight and maintaining healthy habits are both challenging, but that doesn't mean they shouldn't also be rewarding.

Seeing the pounds mount up is a great visual representation of your weight loss and it'll also mean that you've saved up to buy yourself smaller clothes when you hit your goal weight.

Setting Mini Goals

If you're very overweight, it can feel extremely daunting to think that you've got so much weight to lose. If your healthy BMI suggests that you should aim to be around 14 stone and you're currently 24 stone, the thought of having to lose ten stone can be overwhelming.

If you did, for example, have ten stone to lose, your first mini goal could be to lose one stone.

This is why it's a good idea to set yourself mini goals - keep your 'ultimate' goal weight in mind, but break it down into manageable chunks.



Weight Loss Goals

You might still feel daunted at the thought of having to do that another nine times, but ticking off one mini goal means you're closer to your ultimate goal than you were, and even losing one stone will have plenty of health benefits.

You could break it up even further if you're struggling with the enormity of the task ahead. Your mini goals could be broken down into 5 or 10lbs increments, with extras like hitting 5% and 10% of your body weight lost along the way.

Setting yourself small, achievable goals makes it much more likely that you'll successfully lose weight. Breaking down the weight you need changes your thinking from 'oh God, I have so much weight to lose, I'll never do it' to 'hey, if I do this bit by bit I can actually do it and lose the weight'. So think about what you want to achieve and how you're going to do it and come up with a SMART plan.