


Nutrition Design
WITH YOU IN MIND

Smart goals

FOR WEIGHT LOSS





Are you struggling with setting weight loss goals that stick, or finding it hard to track your progress?

You're not alone.

Achieving lasting weight loss is challenging, but the key to success lies in setting clear, actionable goals.

SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—provide a structured framework to create effective and realistic weight loss objectives.

Inside this guide, you'll find a step-by-step walkthrough on how to use this tool, starting with identifying your unique pain points and crafting goals that directly address them.

Hi! I'M VOULA

Hi there! I'm Voula, a Registered Dietitian with over 20 years of experience. I've seen the struggles, the diet trends, and the quest for that "quick fix" to lose and manage weight. I believe in a different approach: understanding our relationship with food. I've dedicated my career to guiding individuals like you in their weight loss journey, toward a nourishing, more balanced relationship with food.



To create your SMART goal, follow these steps:

1. **Specific:** Define what you want to achieve, like maybe packing lunch three times a week instead of eating out to help manage your weight.
2. **Measurable:** Ensure you can track your progress, or measure your goal. For example, assigning a number to the meals you commit to pack versus eating out.
3. **Achievable:** Set a realistic goal, considering your lifestyle and constraints so that it is achievable.
4. **Relevant:** Align your goal with your long-term health and wellness aspirations.
5. **Time-bound:** Set a deadline to maintain focus and motivation.

For example, a SMART goal could be, "I will pack my lunch three times a week and eat out twice a week for the next 30 days in order to reduce my overall calorie intake during the work week."

NOW TRY YOUR HAND AT SETTING SMART GOALS!

SMART WEIGHT LOSS

Nutrition Design WITH YOU IN MIND **goals**

S

Specific

Pin down exactly what you want to achieve

M

Measurable

Keep tabs on your progress

A

Achievable

Ensure your goals are within reach

R

Realistic

Make sure your goals fit into your life and current capabilities

T

Time-bound

Set a deadline to keep you focused

These questions can help you make clear and achievable goals. The more consistently you respond to these questions, the more effective your SMART goals worksheet will be in guiding you to achieve your objectives.

S
Specific

What exactly do you want to achieve, and why is this goal important to you?

M
Measurable

How will you track your progress towards achieving this goal?

A
Achievable

Is the goal realistic with the effort and resources you can commit? How so?

R
Realistic

How does this goal align with your broader objectives or values?

T
Time-bound

When do you want to achieve this goal by?

YOUR NEXT

Steps



Feeling like you could use a bit of one-on-one guidance on your path to wellness? I'd love to chat with you.

We will create a plan that's all about you—your life, your goals, your journey. No one-size-fits-all plans here, just tailored advice to fit your unique situation. If you're curious about getting personalized support and wondering if private coaching could be your cup of tea, let's talk! I'm all about walking this path with you, offering support and insights tailored just for you.

**Do you need
MORE SUPPORT?**
Just book a
complimentary call
with me.

LET'S TALK



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