

Keep track of your goals

Set clear goals, track your progress, reach your goals!

Goal or goals for the next three to four weeks:

Keep it simple. Using your Diet Quiz results, choose 1 or 2 goals to focus on for the next 3-4 weeks, e.g., **goal 1**: eat three servings of veg every day or **goal 2**: cut down on red meat to no more than three times a week.

You can always add more goals later.

I will achieve my goal or goals by:

Think about daily, specific, small steps you can measure to reach your goal.

Use your Diet Quiz results or find inspiration in [our tips at Eat and Live Smart](#).



Choose realistic and achievable actions. e.g., **for goal 1**: have a piece of fruit with breakfast and two veggies with dinner. **For goal 2**: go meat free one day a week, replace half the meat with beans in my favourite recipes, have fish instead of meat twice a week.

Keep motivated

Achieving my goals will mean...

Use your [Get in the Zone](#)



answers to write down what it will mean to you to reach your goals. For example, it will mean I have more energy and feel more relaxed and confident.

Celebrate your achievements & keep going

Mark off each day you achieve your goals.

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun