

# Progress Monitoring

## Chart *Measure your success*

Set some simple goals to eat well, be more physically active and boost your self-esteem to help keep you motivated. Keep these two important strategies in mind:

### **1. Be realistic.**

Set small challenges and increase them weekly when you are ready to go to the next level. This way, you are more likely to achieve your goal.

### **2. Forgive yourself if you don't quite reach your goal this week.**

Put the week behind you and look forward to your next challenge.

### **Examples of goals you might set:**

#### **Being active**

- I will take a 10 minute brisk walk at least 3 days this week.
- I will arrange to be physically active with a friend or family member at least once this week.

#### **Eating well**

- I will eat a healthy breakfast every day this week.
- I will eat one more serving of vegetables or fruit every day this week.

#### **Being myself**

- I will reward myself at least once this week with a long bath.
- I will take 15 "just-for-me" minutes every day this week.



## Healthy Measures

Be active • Eat well • Be yourself

Week 1	Affirmation	Goal: Being active	Goal: Eating well	Goal: Being myself	Reflections
Date: _____	Practice self-respect and self-love – they reinforce each other. Trust that you can take good care of yourself.	_____	_____	_____	_____
<b>Week 2</b>	Date: _____ Physical activity adds more to your life... more energy... more fun... and more years. Be good to yourself by adding more to your life.	_____	_____	_____	_____
<b>Week 3</b>	Date: _____ Change the way you see – not the way you look. Nurture yourself with a healthy attitude for life.	_____	_____	_____	_____
<b>Week 4</b>	Date: _____ Do something today to make your life easier tomorrow. Cut up vegetables, make walking plans with a friend or set aside “me” time.	_____	_____	_____	_____
<b>Week 5</b>	Date: _____ Say a sincere “thank you” when you receive a compliment – you have earned it! Be an optimist about life.	_____	_____	_____	_____

# Progress Monitoring Chart

Week 1	Affirmation	Goal: Being active	Goal: Eating well	Goal: Being myself	Reflections
Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
<b>Week 2</b>					
Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
<b>Week 3</b>					
Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
<b>Week 4</b>					
Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
<b>Week 5</b>					
Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

**Healthy Measures**

Be active • Eat well • Be yourself

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