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| **Activity Title** | Healthy Habits – SMART Goal setting |
| **Activity Overview** | In this activity, you will complete a 4 week plan for changing habits using achievable and realistic goals. |
| **Activity Worksheet** |
| Healthy Habits What is a healthy habit? Things we do in our everyday life which have a positive impact on our body and mind.Healthy habits can include a range of the following: * Healthy Habits For SummerEating Breakfast
* Eating a balanced diet
* Drinking water
* Regular exercise
* Sleeping 6-8 ours daily
* Spending time outdoors and off the internet
* Been mindful / meditating

Consider choosing 2-4 of the above habits and suggest how you can include them into your lifestyle consider how will they have a positive impact on your body and mind

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| **New Healthy Habit**  | **How will you include it into your lifestyle** | **Positive Impact you hope it will have**  |
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**What is a SMART Target?**Changing a habit is difficult, for it to be achievable you can use SMART Goal setting to achieve the change of lifestyle successfully How do I set realistic targets which are achievable?To make sure your goals are clear and reachable, each one should be:• Specific (simple, sensible, significant).• Measurable (meaningful, motivating).• Achievable (agreed, attainable).• Relevant (reasonable, realistic and resourced, results-based).• Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).**Week 1** Choose one of your selected habits try to include them into your weekly routine, once a week and add it into your plan below. When planning where it will fit in consider SMART.

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| **Day** | **Morning** | **Afternoon** | **Evening**  |
| Monday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm  | 6.00pm7.00pm8.00pm9.00pm  |
| Tuesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Wednesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Thursday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Friday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Saturday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Sunday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |

**Week 2** Consider including now one more into your weekly routine once a week and add it into your plan.

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| **Day** | **Morning** | **Afternoon** | **Evening**  |
| Monday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm  | 6.00pm7.00pm8.00pm9.00pm  |
| Tuesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Wednesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
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| Saturday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Sunday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |

**Week 3**For each of your selected habits Consider including them into your weekly routine twice times a week and add it into your plan.

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| **Day** | **Morning** | **Afternoon** | **Evening**  |
| Monday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm  | 6.00pm7.00pm8.00pm9.00pm  |
| Tuesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Wednesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Thursday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Friday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Saturday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
| Sunday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |

**Week 4**For each of your selected habits Consider including them into your weekly routine in places more than once a day or up to three times week and add it into your plan.

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| **Day** | **Morning** | **Afternoon** | **Evening**  |
| Monday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm  | 6.00pm7.00pm8.00pm9.00pm  |
| Tuesday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |
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| Sunday  | 9.00am 10.00am11.00am12.00pm | 1.00pm2.00pm3.00pm4.00pm5.00pm | 6.00pm7.00pm8.00pm9.00pm  |

**4 Week Summary** Write up changes to the mind, body and overall lifestyle you have experienced through adding these healthy habits into your new healthy lifestyle over the last 4 weeks.

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| **How do you feel**  | **Body**  | **Mind**  | **Lifestyle**  |
| After 4 weeks I feel …. | Have you noticed any positive changes in your body? | Have you noticed any positive changes in your way of thinking? | Have you noticed any positive changes in the way you are living your life and your weekly routine? |

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