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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   |  |  |  | | --- | --- | --- | | **New Healthy Habit** | **How will you include it into your lifestyle** | **Positive Impact you hope it will have** | |  |  |  | |  |  |  | |  |  |  | |  |  |  |   **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.   |  |  |  |  | | --- | --- | --- | --- | | **Day** | **Morning** | **Afternoon** | **Evening** | | Monday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Tuesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Wednesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Thursday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Friday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Saturday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Sunday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm |   **Week 2**  Consider including now one more into your weekly routine once a week and add it into your plan.   |  |  |  |  | | --- | --- | --- | --- | | **Day** | **Morning** | **Afternoon** | **Evening** | | Monday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Tuesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Wednesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Thursday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Friday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Saturday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Sunday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm |   **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.   |  |  |  |  | | --- | --- | --- | --- | | **Day** | **Morning** | **Afternoon** | **Evening** | | Monday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Tuesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Wednesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Thursday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Friday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Saturday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Sunday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm |   **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.   |  |  |  |  | | --- | --- | --- | --- | | **Day** | **Morning** | **Afternoon** | **Evening** | | Monday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Tuesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Wednesday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Thursday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Friday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Saturday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm | | Sunday | 9.00am  10.00am  11.00am  12.00pm | 1.00pm  2.00pm  3.00pm  4.00pm  5.00pm | 6.00pm  7.00pm  8.00pm  9.00pm |   **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.   |  |  |  |  | | --- | --- | --- | --- | | **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? | | |