



FIRE FIGHTER **nutrition**

Eat for Health.
Eat for Life.
Eat for Real.

How to Set Goals *(and Actually Reach Them)*

Get clear on what you want and why...

Whether your goal is to start improving your quality of life, reduce your risk of chronic and preventable disease, or increase your strength and fitness – it is important to have a specific goal in mind that is realistic to keep yourself accountable.

Goal setting is an essential part of any change. Setting goals helps you paint your vision, gives you something to actively work towards and helps you measure your accomplishments.

- First, you must **identify your end result**. For example, you may say your goal is to be healthy. Consider that until you define what “healthy” means to you, your goal is pretty vague. However, if you know that being healthy to you means having more energy during calls, a strong immune system, being fit, managing your weight and feeling great, you now know what healthy means. Being healthy is your end result.
- You also want to **know your “why.”** Ask yourself why you want this goal or where you want to be. Finally, where are you starting from and **what areas of your health are out of balance?** Once you are clear on these three things, you can set your goals to get to your end result.

Set your goals in a manner that will allow you to succeed at reaching them by following the SMART formula.

Long-term SMART goals are specific, measurable, attainable, relevant and time-bound goals that you hope to achieve in the next six months to one year and beyond. These are goals that you will make slow and steady progress towards achieving each time you reach your short-term SMART goals. Short-term goals are measured in days, weeks and months.

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Specific – State what you want and use action words.

Measurable – Provide a way to evaluate and use metrics.

Attainable or Achievable – Work towards a goal that is challenging but possible.

Realistic – Be honest with yourself. You know what you are capable of, and don't forget any hurdles you may have to overcome.

Timely – State when you will get it done, and be specific on a date or timeframe.

Long-term goal example: I will lose 20 pounds in the next 10-20 weeks (1-2 pounds per week) by doing cardio and weight training at the gym four times a week, cutting back on sugar and controlling portion size.

Short-term goal example: I will pack a healthy snack to bring to work for a mid-morning or mid-afternoon snack every shift for two weeks.

Goals Worksheet

SHORT TERM

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

LONG TERM

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

YOUR “WHY”

What are you ultimately trying to achieve by reaching these goals?

More resources can be found at www.iaff.org/nutrition

Disclaimer: The information contained in this document is for general education purposes only and is not intended to treat, cure or prevent any disease or medical conditions. Check with your health practitioner before making diet and lifestyle changes.