

Fit Tip

# Guide to Goal Setting



What are your New Year's Resolutions this year? Do you want to get in shape? Save money? Go back to school? Eat healthier?

Let's start a little smaller. Setting small, attainable, gradual goals is the first step to success.



## Small Step #1

### Watch Less TV

- Write down how much television you watch this week
- Eliminate 1 hour of TV each day
- Read the newspaper instead of watching the news
- Get rid of extra televisions in your home
- Ask your family to cut down on TV watching with you

## Small Step #2

### Take Lunch to Work

- Make sure to grocery shop with a list
- Make your lunch the night before
- Buy food storage containers, paper bags or a reusable lunch bag
- Scout out places to eat away from your desk
- Compare the amount of money you spend eating out to the amount you spend packing lunch

If you need help setting goals for the New Year, check out our source: [www.mygoals.com](http://www.mygoals.com) for more ideas.