

Patient Information

Top Tips for Goal Setting

Goals are really important for helping us make changes. They give us a clear idea of exactly what it is that we are going to do in order to achieve a healthier weight.

Goals should be focused on the things that you and your child are going to DO in order to achieve a healthier weight NOT on a specific weight target. If you and your child can put changes in place, your child's weight will look after itself. Example changes might include:

- Eating a piece of fruit every school day at break time instead of crisps
- Limiting screen time to 2 hours a day at weekends

Talk to your child and agree what changes you would like to make. When deciding what to change, consider the following:

- Keep your goals simple and clear. This will mean that you and your child both know exactly what you are aiming to do. For example rather than saying 'let's go swimming more often' set a clear goal 'to go swimming once a week'.
- Keep your goals achievable. For example instead of saying NO chocolate, set a goal of chocolate twice a week. Instead of ALWAYS walking to school, set a goal of walking to school 3 times a week. Keeping goals within your child's reach will mean that your child experiences success which will boost their confidence and self-esteem.
- Don't tackle everything at once, instead set two or three goals that are going to make a real difference. For example cutting down on crisps if they are eaten every day is going to make more of a difference to your child's weight than stopping the takeaway that only happens once a month.
- If your child finds it helpful, set up a simple tick chart so they can see their progress and success. An example of what a goal chart might look like is shown overleaf. Get your child to make their own and tick off each time they achieve a goal. Another strategy is to collect points towards an agreed reward. See the 'Top Tips for Rewards' information sheet.
- Perhaps consider setting yourself some goals alongside your child so that they can see you are making some changes as well.

Goal Chart

Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk or scoot to school three times a week	★	★			★		
Swap crisps at break time for a piece of fruit	★	★	★	★	★		
Play football twice a week			★			★	

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