

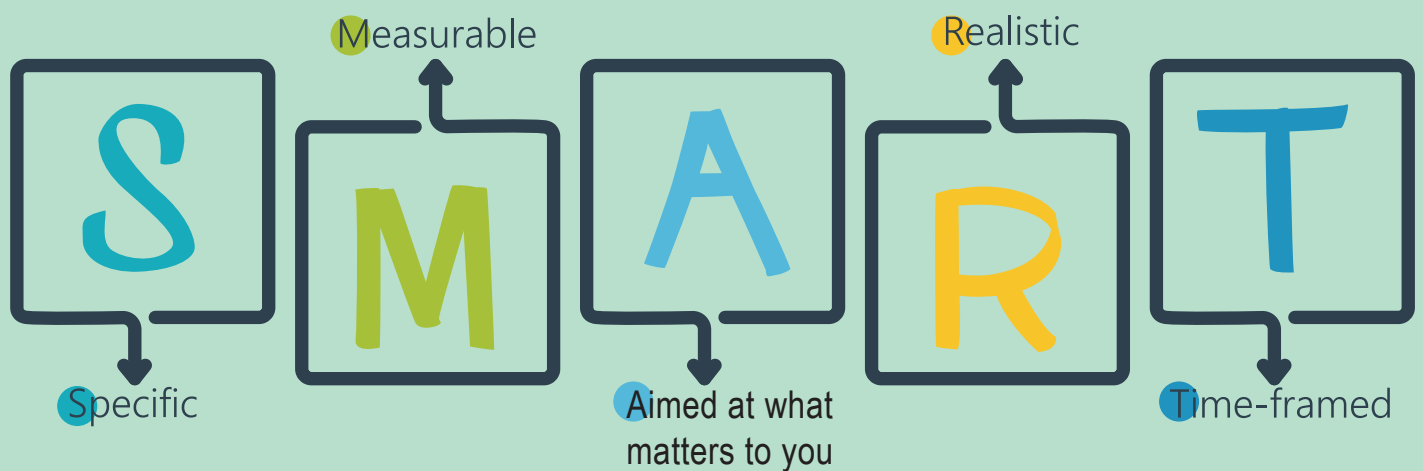
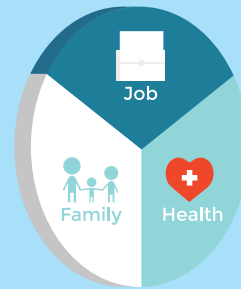
EVE's Healthy Bite

Setting Goals



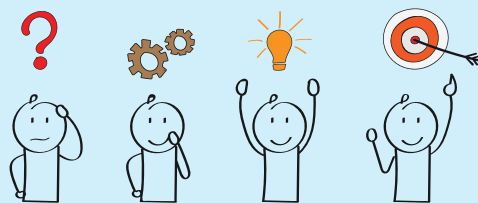
Step 1: Take Aim

Choose an area of life that matters to you



Step 2: Set a SMART Goal

For example: I will go for a half hour walk every day at 1 o'clock



Step 3: Set an "If...then" Goal to deal with obstacles

For example: **If** I can't go for a walk at 1 o'clock, **then** I will go at 5