

Get going fact sheet

Get on your way to a happier, healthier lifestyle

Learning how to eat well and be active as part of your every day lifestyle means you may need to change some habits. Start by looking at your current eating habits and the level of physical activity you do. Keep a diary for at least three days so you know what your current habits really are, then you'll see where you can make improvements.

Each day, write down the following:

• Day/date	
• time you eat/drink	• time of physical activity/exercise
• what you eat/drink	• type of physical activity/exercise
• where	• where
• with whom	• with whom
• comments (why you ate)	• comments

Save time and print out the [Weekly Diary Sheet](#) found on the Eat Well Be Active website.

Set realistic goals

Setting clear goals will help you succeed in eating well and being active as a normal part of your healthier lifestyle. Start by using the 'SMART' guide to setting your goals:

- **Specific** - make your goal specific so it's very clear what you're aiming for.
- **Measurable** - make it a measurable goal, so you will know when you have reached it.
- **Achievable** - make it something you are able to do.
- **Realistic** - a goal that is practical for you and that you know you can achieve.
- **Time-based** - set a time frame to reach your goal (e.g. by the end of the month).

It's better to make one change that you can stick to rather than several you can't keep up.

So start with a short-term goal - just a small change to your habits like eating two pieces of fruit a day, then gradually work towards your long-term goal. For example, a short-term goal may be to walk for 30 minutes three times a week. This could be one of the stepping-stones towards a longer-term goal of enjoying a 10km trek at a National Park in six months.