Meal Prepping and Goal Setting for Work Lunches
What are SMART goals?

- Provide structure, accountability, and ability to track progress
- Create verifiable trajectories towards a certain objective
- Offers clear milestones and an estimation of the goal’s attainability.
Why use them?

Indicate a specific way to articulate future goals

Assists in getting and staying focused

Provides a clear explanation of what the future state looks like and how it will be measured
What does SMART stand for?

Specific
Measurable
Attainable
Realistic
Time Based
S - Specific

What exactly do you want to achieve?

Think about:

<table>
<thead>
<tr>
<th>Who is involved?</th>
<th>Where is it located?</th>
<th>Which resources are involved?</th>
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M - Measurable

Think about

| How much? | How many? | How will I know when I accomplished it? |

How will you know when you have achieved it?
A - Attainable

Is it something you have control over?

Think about:

How can I achieve this goal?   How realistic is the goal?
R - Realistic

Why is this applicable to your life?

Think about:

| Does this seem worthwhile? | Does this match my efforts/needs? |
T - Time Based

When do you want to achieve this goal?

<table>
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<tr>
<th>When?</th>
<th>What can I do six months from now?</th>
<th>What can I do today?</th>
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SMART or Not?

I will walk 10 minutes every hour 5 days/week. I will remember to do this by setting alarms on my phone.

I will eat less sugar?

I will reduce eating at fast food restaurants to once/week. I will bring lunch to work 4 days/week to help meet this goal.

I will go to bed earlier.
Creating your smart goal

- Pick category of your goal (Examples below)
  - Nutrition
  - Exercise
  - Stress Management
  - Sleep Hygiene
- Define Barriers
  - Time? Resources? Budget?
- Work through SMART steps to set your goal
Goal Category: Lunch Meal Prep

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Write down your goal in as few words as possible</th>
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<tbody>
<tr>
<td>Step 2</td>
<td>S - Make your goal specific (who/what/where/when/how): 3 action steps to reach this goal</td>
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<tr>
<td>Step 3</td>
<td>M - Make your goal measurable. Add details, measurements and tracking details.</td>
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<td>Step 4</td>
<td>A - Make your goal attainable. What additional resources do you need for success?</td>
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<td>Step 5</td>
<td>R - Make your goal relevant. List why you want to reach this goal.</td>
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<td>Step 6</td>
<td>T - Make your goal Timely. Put a deadline on your goal and set some benchmarks.</td>
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SMART Goal Steps in action

Step 1: My goal is to bring my lunch to work.

Step 2: S - Actions steps include having lunch items on hand, making lunch the night before, and setting a reminder to bring lunch with me to work.

Step 3: M - I will measure/track my goal by setting reminders to pack my lunch.

Step 4: A - Resources I will need include: Lunch box, meal prep containers, easy lunch ideas, and time devoted to some prepping on the weekends.

Step 5: R - I want to reach this goal because I want to save money on eating out during the week and I feel better when I eat lunches that I have made from home.

Step 6: T - I plan to reach my goal in one month.
SMART GOAL

I will bring my lunch to work at least 3 out of 5 work days each week. I will remember to do this by having the foods available and setting reminders on my phone each night to pack my lunch for the next day. I plan to reach this goal in 4 weeks.
Let's Meal Prep!
Lunch Meal Prep: Sweet and Sour Chicken
Lunch Meal Prep: No Cook Options

- Tuna Avocado Chickpea Sandwich
- Greek Salad Lunch Box
- Veggie Sushi Lunch Box
- Caprese Turkey Salad Lunchbox
Thank You!