

As we kick off the New Year and set new goals or refresh old goals we need to make sure we are setting S.M.A.R.T goals. Below is the explanation for each of the criteria that make up a solid goal. I like to set goals in four categories at the beginning of each year. My categories are spiritual, physical, business, and personal.

**S**-pecific, rather than general goals. (e.g. I want to lose 5lbs over the next month. Not I want to get in better shape.) A specific goal will usually answer a “W” question, what? why?, who?, where?, which?

**M**-easurable, Concrete criteria for measuring progress toward your goal with quantifiable indicators. A measurable goal usually answers the questions How much? How many? How will I know when it is accomplished?

**A**-ttainable, goals are goals that are realistic and attainable. It is ok for your goal to stretch you, but not be so far-fetched you can't obtain it. Attainable goals usually answer the question How? How can the goal be accomplished?

**R**-elevant, goals are goals that matter. Will accomplishing this goal have a significant effect?

**T**-ime related. It is important to set a time frame in which you will accomplish your goal and when you will accomplish steps toward your goal. What can I do today to bring me closer? What can I do this week? this month?, in 6 months?

If one of your goals this year is weight loss, below you will find some nutritional information to give you a head start on your goal:

**#1.** Get all of the unhealthy food out of your house. If it is in your house eventually you will eat it!

**#2.** Eat your first meal within 30 minutes of waking up - and include some lean protein such as egg whites or a protein shake. This will help regulate your hormones and ramp up your metabolism for the day

**#3.** Eat 5 small meals or snacks per day. You should be eating every three to four hours

**#4.** Keep a food journal. This will keep you honest and help you really see exactly how much/ how little you are eating, and the quality of your meals.

So what should you be eating and how much? Everyone has different caloric needs based on lots of different factors, so I will explain a pretty easy rule of “thumb”.

You should have some **protein** with every meal or snack. Your protein should roughly be the **size and thickness of the palm of your hand**. So for me that would be about 5-6oz of chicken.

Your **carbohydrates** should be roughly the **size of your fist**. For me that would be a medium sweet potato or about 1 cup of brown rice.

**Vegetables** are an excellent source of fiber and are nutrient rich. Our vegetable serving should be roughly the **size of two fists**. For me this would be about 2 cups of broccoli.

Our bodies need good **fats** such as nuts and seeds, avocado, olives, fish oil, etc. Our serving of fat should be about the **size of our thumb**. For me this would be about a tsp. of almond butter (I like to mix it in my oatmeal)