

Staying motivated and setting goals for healthy eating and exercise in pregnancy.

Making changes in diet and exercise during pregnancy can be challenging for many women. Some women find it helpful to make a plan to keep them on track with the changes they want to make.

Setting goals can be useful for keeping you motivated. You may have a long term goal such as maintaining a healthy weight gain in your pregnancy. It will be easier to achieve this if you make smaller goals that you can build on. Smaller goals are easier to achieve and will help to keep you motivated.

The other resource [Goal Setting](#) which is included in this Staying Motivated section provides you with some questions and worksheets to help set your goals for healthy eating and exercise in pregnancy. You may wish to use these or make up your own way of writing down your goals to keep track of the changes you have made and stay motivated.

Below is an example of how you can complete the worksheets provided in the [Goal Setting](#) resource.



Goal setting activities

Whether you think you can, or think you can't, you're right.

- Many people find it difficult to make changes in diet and exercise as they are not specific about how they plan to achieve these changes.
- Setting goals and making small changes in diet and exercise have been shown to lead to long term healthy lifestyle habits.
- Setting goals that are meaningful and achievable are more likely to lead to success.
- Achieving your health goals may be challenging at times, but making a plan of action and keeping track of where you are at can make it easier for you to make the changes needed to reach your goals.

SAMPLE

Think about these key questions and write down your thoughts in the space provided.

Why are you here?

- *To maintain my weight during pregnancy so it stays within the healthy range.*

What do you want to get out of this program?

- *I want to learn about what and how much to eat during pregnancy.*
- *I want to learn how to start exercising during pregnancy as I haven't exercised for a long time.*

Why is it important to you?

- *This is important to me because I want to do what I can to have a healthy pregnancy.*
- *It is also important to me because I don't want to gain too much weight which will be hard to lose after I give birth.*

Goal Setting following SMARTER

SPECIFIC & SIMPLE

MEASURABLE & MEANINGFUL

ACHIEVABLE & ATTAINABLE

RESULTS-ORIENTATED & RELEVANT

TIMELY & TRACKABLE

EVALUATE & EXCITABLE

RE-E ALUATE & REASSESS

Other aspects to keep in mind:

- ✓ Write them down
- ✓ Don't set too many
- ✓ Assign a due date
- ✓ Action plan for each goal

Write down your goals

Start with what you want to achieve long-term and then work back to develop the smaller steps that will lead to achieving your long-term goals. You might only have a couple of long-term term goals with several medium and short-term goals leading to each one.

Long term goals (1- 2 years)	<i>Eat the right serves of each of the food groups each day.</i>	<i>Exercise for 30 minutes every day.</i>	<i>Have a healthy weight gain for BMI 19 which is 11.5- 16 kg by the end of pregnancy.</i>	<i>Keep eating well and exercising to lose weight and stay healthy after birth.</i>
Medium term goals (3-6 months)	<i>Eat the right serves of each of the food groups each day.</i>	<i>Replace all sweet drinks with water.</i>	<i>Build up exercise to 20 minutes each day</i>	<i>Build up exercise to 30 minutes each day.</i>
Short term goals (daily-weekly)	<i>Add 3 serves of vegetables to lunch and dinner. Limit sweet drinks to one each day.</i>	<i>Replace lolly snacks with a handful of nuts or tub of natural yoghurt with fruit.</i>	<i>Exercise for five minutes each day walking around the block.</i>	<i>Build up to 10 minutes of exercise each day walking around the block and doing stretches at home.</i>

What is my action plan for this week? (How am I going to achieve my short-term goals?)

1. Cut up and prepare vegetables/fruit on Sunday and pack in containers so that they are ready for each day.

2. Finish off sweet drinks in the fridge by having one drink per day and don't buy any more from the supermarket. All other drinks will be water, soda water or milk.

3. Buy a packet of nuts and portion out into single serves in zip lock bags for the week. Buy some natural yoghurt tubs to eat with fresh fruit.

4. Take a walk around the block, or walk around the shops for at least 5 minutes.

5. After 3 days try to walk around the block for 10 minutes, or walk around the block for 5 minutes and do some stretches at home for 5 minutes.

Task

It is really important for successful goal setting to have your goals somewhere that you can see them and way you can own what you are trying to achieve. Write or illustrate your goals in some way that makes them yours and you will constantly be reminded of them. Consider using technology, calendars or other reminders that you already use a lot, stick with ideas that you know work for you.