

# Behavioural goals and values

Name \_\_\_\_\_

Date \_\_\_\_\_

**Behavioural goals** are how you apply your values to day-to-day actions. Since a number on a scale is not a behaviour, we want to shift toward making health-focused behavioural goals.

## Setting behavioural goals

On your weight management journey, behavioural goals will help set you up for success. Try to set behavioural goals that are aligned with your values, specific and measurable, and choose behavioural goals that are realistic for you.

**Use your values as a guide for setting behavioural goals (refer to the values worksheet).**

Try starting with 1 to 2 goals—think of a healthy goal that you would like to add into your day.

Here's an example: "Walk for 15 minutes, 3 days a week after work."

And remember, you can always come back and make changes if the goal doesn't work.

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**Focus on doable, worthwhile goals that you can be consistent with over time.**

## Ideas for behavioural goals



### Add more movement to your day

- If you have a desk job, get up and walk around as often as you can
- Take the stairs whenever possible
- Park a moderate distance from your destination's entrance



### Focus on portion size

- Set aside small portions of healthy snacks to eat when you have a craving
- Divide your plate in portions: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins (from plants more often)
- Establish consistent mealtimes to avoid overeating throughout the day



### Eat healthy on the go

- Pack non-perishable, healthy snacks
- Bring a meal from home to eat in the car or on the plane
- Use a reusable water bottle



### Eat healthy while dining out

- Plan ahead and choose restaurants with healthy options
- Choose water to drink with meals
- Order smaller portions or an appetizer for your meal



### Smart shopping

- Plan your meals for the week—start with planning dinners
- Avoid shopping while hungry
- Focus on whole, unprocessed foods and limit ultra-processed foods



### Sleep hygiene

- Turn off electronic devices (e.g., TV or phone) one hour before bed
- Limit or avoid caffeine in the afternoon and evening
- Try a calming activity (e.g., a bath or reading) before bed



### Stress less

- Get social—connect with friends, family, or neighbours
- Try deep breathing or meditation
- Write in a journal

**Discuss with your healthcare provider what you've achieved and how they can help support you.  
Remember that there will be ups and downs—behaviour changes take time!**

**Reference:** Freedhoff Y, Sharma AM. Best weight: a practical guide to office-based obesity management. Canadian Obesity Network; 2010.



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