

Setting my goal

Step 2: Set your goal

I will ...

Action

Stick to My Healthy Plate

Day/Time

Lunchtime on Mondays
and Thursdays

Location

At work

Time period

For the next 3 months

Start date

From 14 January



Step 3: Identify and work around potential barriers

What might get in the way	What I can do	Person(s) who can help
1. Colleagues suggest having fast food for lunch	Suggest to try out eateries with healthier options	My colleague James likes vegetables
2. I have a particular craving for curry puffs when I'm stressed	Unwind in other enjoyable ways, like walking or listening to music	Walk and chat with my neighbour in the evening
3. There is a stall that sells delicious fried food, on my way home	Take an alternative path home	NIL