

My Health & Wellbeing Journey



Aplos Health
primary care network

My measurements



	0 weeks	4 weeks	8 weeks	12 weeks
Weight (Kg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Heart rate (beats per minute)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Blood pressure (mmHg)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Blood cholesterol (mmol/L)	<input type="text"/>	—	—	<input type="text"/>
Blood sugar (mmol/L)	<input type="text"/>	—	—	<input type="text"/>
Waist circumference (cm)	<input type="text"/>	—	—	<input type="text"/>

Some thoughts about my measurements, any concerns I have about these and by how much I'd like to lower those that are high ...

Other things about my health and wellbeing that I'd like to improve ...

The amount of weight I'd like to lose on my journey: ___ kg (___lb)

I'd like to get down to a trouser waist size of ___ inches on my journey

I'd like to get down to dress size ___ on my journey

What I want to achieve and why I want to achieve it ...



Knowing what you ultimately want to achieve will help you to keep doing the smaller goals that are the stepping stones to your ultimate goal.

Example: My *ultimate goal* is to **lose weight** and my reason for wanting to achieve this goal is because **I want to have more energy**.

My ultimate goal is to ...

My main reason for wanting to achieve this goal is ...

And how will you reward yourself when you've done good?



Making changes to our lifestyle can be challenging and the ultimate goal may be further away than we had hoped, which is why doing smaller goals along the way helps keep us motivated.

And, rewarding ourselves every now and then for doing well with the smaller goals is a reminder that what we do **on the journey** should be as important to us as **arriving there**.

A reward can be related to anything that gives you pleasure, such as spending a bit more than usual on that bubble bath, bottle of wine, new item of clothing. Or it might be taking a morning (or whole day!) from doing for others and doing a little something for yourself (and not feeling guilty about it!)

I'll reward myself by ...

"Reward motivates us to make the effort to keep doing the action for which the reward is being given – and rewarding our effort helps the action become an effortless habit"

It won't all be plain sailing



Don't be surprised if you hit some choppy sea – there will be ups and downs on your journey. This is life ... It doesn't go smoothly all the time ...
... You need to find solutions.

How we deal with the things that make it difficult to stick to our new healthy habits is critical.

We can either give up on the journey, or we can learn from the experience, put the difficulty behind us and sail on.

... So, what will you do when things don't go smoothly?

Here are some of things that can make the journey difficult at times:

- *Struggling to stick to the eating plan*
- *Finding it difficult to control portion sizes*
- *Being motivated enough to do more physical activity*
- *My family doesn't want to eat more healthily*
- *Being too busy*
- *Feeling deprived of the things I like*
- *Feeling overwhelmed by this and other things in my life*
- *Not knowing how to cook*
- *Not knowing what I can eat*
- *Thinking that eating healthy is going to cost more*
- *Giving myself over to temptation*
- *Etc*
- *Etc*

Note to self – things I think might make my journey difficult along the way:

"Learning from our mistakes shows us that the experience has helped us to grow as a person. And putting that learning into practice helps us to achieve our ultimate goal".

The first four weeks of your journey



This is when you can expect to lose weight most quickly when you cut-back on what you usually eat. By the way, checking your weight once a week is enough to keep an eye on how you're doing – weight loss is usually too small to see a change on bathroom scales if we step on them every day.

Losing weight is a great motivator to lose even more, so getting off to a flying start in the first four weeks will set you up nicely for reaching your target by week 12.

Something that will be really, really important to do at the start, is to set yourself *small* and *achievable* goals for getting you to your ultimate goal(s).

Remember, the Dietitian and Health & Wellbeing will be giving you all the information, guidance and support you need to succeed!

How do I get started on changing my diet?

The first thing to do is to get a rough 'measure' of the quality of your usual diet and the amount of physical activity you tend to do.

It's not always easy to do this because we might eat widely different things from one day to the next.

The next page has questionnaires that should help you get a rough measure of your diet. It doesn't cover everything, just some of the things that people usually don't eat enough of or too much (you already know what these are!)




And the page after that will give you a rough measure of the amount of physical activity you do

Good luck on your journey!

My Diet



Think about what you usually eat and drink ... Anything you eat too much of? ... Not enough of? The questions below will help you assess the quality your usual diet.

 Bread / breakfast cereal (tick a box in each row)				
What type of bread do you usually eat?	I don't eat bread <input type="checkbox"/>	White bread <input type="checkbox"/>	Mixture of white, whole grain and w/meal <input type="checkbox"/>	Mainly whole grain or wholemeal <input type="checkbox"/>
What type of breakfast cereal do you usually eat?	I don't eat cereal <input type="checkbox"/>	Sugar or honey coated, etc <input type="checkbox"/>	Cornflakes, Rice Krispies, Special K, etc <input type="checkbox"/>	All Bran, bran flakes, muesli, oats, Weetabix, etc. <input type="checkbox"/>
 Fruit / vegetables (tick a box in each row)				
How often do you eat a <u>portion</u> of fruit (fresh, frozen, canned or dried)?	Rarely or never <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a day <input type="checkbox"/>	3 or more times a day <input type="checkbox"/>
How often do you eat vegetables (fresh, frozen or canned) or salad?	Rarely or never <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	Daily <input type="checkbox"/>
 Snacks / drinks (tick a box in each row)				
How often do you eat sugary / fatty biscuits e.g. custard cream, chocolate, shortbread?	Everyday <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	Occasionally or never <input type="checkbox"/>
How often do you eat plain biscuits e.g. Rich Tea, Digestive?	Everyday <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	Occasionally or never <input type="checkbox"/>
How often do you eat cakes, pastries, muffins, doughnut, etc.?	Everyday <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	Occasionally or never <input type="checkbox"/>
How often do you eat chocolate?	Everyday <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	Occasionally or never <input type="checkbox"/>
How often do you eat sweets, mints, Haribo, etc.?	Everyday <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	Occasionally or never <input type="checkbox"/>
To how many drinks <u>a day</u> do you add sugar?	More than 4 cups <input type="checkbox"/>	3-5 cups <input type="checkbox"/>	1 cup <input type="checkbox"/>	Rarely or never <input type="checkbox"/>
What type of fizzy drinks or squashes do you usually drink?	Sugar-sweetened drinks <input type="checkbox"/>		Diet drinks <input type="checkbox"/>	
How often do you eat crisps or other salted snacks (apart from nuts??)	Everyday <input type="checkbox"/>	3-5 times a week <input type="checkbox"/>	1-2 times a week <input type="checkbox"/>	Occasionally or never <input type="checkbox"/>

Red is plenty of room for improvement!

Amber is okay, but still some room for improvement

Green shows you're doing really well in these areas

My Physical Activity



The activities here will get you thinking about how much of your day is spent being physically **active** and being physically **inactive**.

Daily Activities



How much **walking** or **exercising** outdoors do you do on most days?

- Less than 10 minutes a day
- 15 – 20 minutes a day
- More than 30 minutes a day



What amount of time do you spend at a **gym** or going swimming or doing exercise classes?

- Less than once a week
- About once a week
- More than once a week
- I don't use the gym



How much of the day do you usually spend browsing the Internet or social media on your **mobile phone**?

- Most of the day
- A few hours a day
- An hour (or less) a day
- I don't use a mobile phone



If you watch **TV during the daytime**, how much time do you usually spend doing this?

- Most of the day
- A couple of hours a day
- An hour (or less) a day
- I don't watch TV during the day



How much time do you spend on a **computer, tablet** or **Laptop** to browse, play games or watch films?

- Most of the day
- A couple of hours a day
- An hour (or less) a day
- I don't use a computer



For how much of the day do you find yourself **sitting** or **lying down** thinking about stuff or simply doing nothing?

- Most of the day
- A couple of hours a day
- An hour (or less) a day



For how much of the day do you spend going up and down the stairs, vacuuming or cleaning?

- Less than 10 minutes a day
- 15 – 20 minutes a day
- More than 30 minutes a day

What now?



Now that you've done a snap review of your diet and physical activity, it's time to **start setting yourself SMART goals**.

Your chosen SMART goals will be your new behaviours for looking after your health and wellbeing. In other words, your SMART goals will be your new healthy habits.

The following pages show you just how to set your personal SMART goals. It's really very simple: in short, decide **what** you want to do and decide **how often** you're going to do it.

Some goals might be about eating **more of** something, such as fruit or vegetables. And other goals may be about **eating less** of something, such as crisps, biscuits, cakes.

Monitoring what you do ...

This is really important. Let's say that again. This is really important. People who are successful in managing their weight have formed a **key habit of monitoring what they do** – not every day, but doing so several days a week can be really helpful ...

The SMART goal tracker in this journal is to help you monitor and reflect on how you get on doing your SMART goals. We suggest you keep a food and drink diary for the first seven days of making dietary changes.

And then keep a food and drink diary for 3-4 days each week thereafter – this will help you see what you're *actually* doing, not what you *believe* you're doing (we're all guilty of kidding ourselves about how good our diet is if we rely on our memory!).

There's a food diary at the end of this journal for you to complete over the first seven days of starting changes to what you eat and drink.

Goal-setting is made easy when you use the SMART approach



Specific

It's clear what you're aiming to do



Measurable

Can count number of times it's done



Achievable

It's possible for you to do it



Relevant

It relates to your ultimate goal



Time-bound

How often / when you'll do it



My SMART goal is...

My SMART goal is...

Does your goal tick all the boxes?

"Eat **2 portions** of fruit **a day**"

... it's specific ✓

... **it's measurable** ✓

... it's achievable ✓

... it's relevant to me ✓

... **it's time-bound** ✓

"Eat more fruit"

... it's specific ✓

... **it's not measurable** ✗

... it's achievable ✓

... it's relevant to me ✓

... **it's not time-bound** ✗

Steps to building healthy habits



Think about things that will help you to achieve your SMART goals. Do you need a pair of trainers for walking? What about a bowl to keep your fruit in? Write your SMART goal at the top, then think about what (steps) you need to do to make it achievable.

Example: My SMART goal is "to eat two portions of fruit every day". **Step 1:** Buy a fruit bowl. **Step 2:** Include fruit on my food shopping list and buy enough fruit each week for me to eat two portions of it every day. **Step 3:** Make a note to remind myself to eat fruit twice every day.

	My SMART goal is ...	My SMART goal is ...
Step 3:	→	----- -----
Step 2:	→	→ ----- -----
Step 1:	→	→ ----- -----

"The elevator to success is out of order...you'll have to use the stairs – one step at a time" Jill Johnson

My SMART goal tracker



Tick each week when you feel you've achieved your goal for most of the time each week.

You can do more than three goals a week. And you can stick to the same goals throughout your journey – this is how we establish new habits.

	Week 1	Week 2	Week 3	Week 4
My SMART goal is... 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My SMART goal is... 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My SMART goal is... 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you didn't do as well as you hoped with your SMART goals (you may have done great with one or two of them), write down what you think the reason was.

What do you think will help you to do better with your goals over the next four weeks?

"Fitness – if it came in a bottle, everyone would have a great body" Cher

My SMART goal tracker



Tick each week when you feel you've achieved your goal for most of the time each week.

You can do more than three goals a week. And you can stick to the same goals throughout your journey – this is how we establish new habits.

	Week 4	Week 5	Week 6	Week 7
My SMART goal is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My SMART goal is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My SMART goal is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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My SMART goal tracker



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	Week 9	Week 10	Week 11	Week 12
My SMART goal is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My SMART goal is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My SMART goal is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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... What now?



At this point you'll have done about 12 weeks on your journey, So now is a good time to reflect on this and how this might change what you do as you go forward ...

Make a few notes about how your journey is going so far – the good and the not-so-good (it's never always smooth for any of us!) ...

If things are going pretty much as you'd hoped, then it's now just a matter of maintaining your new lifestyle habits as you go forward.

If you haven't achieved what you'd hoped at this point, then it's absolutely understandable if you feel disappointed. But we can sometimes be a bit too hard on ourselves(!) by not appreciating what we've **actually done** or **have** – instead, we focus on what we **haven't done** or **don't have**.

Are you someone who at times forgets to focus on the good stuff? If so, now is a good time to **start changing that mindset** ...

Write down three things about your journey that you're actually pleased with yourself for. This can be anything, including having stayed on the journey this far and not given up ...

- 1.
- 2.
- 3.

On-going support



The next part of your journey is as important as your first 12 weeks of this programme. If your journey hasn't gone as you originally had hoped, it may be because you weren't able to stick to your SMART goals for enough of the time.

Our health journey is the on-going practise of doing healthy habits, making discoveries and learning things along the way – putting that learning into practice will help us to succeed.

Think about what may have made it difficult for you to be consistent in doing your goals, and try to come up with strategies that could help you deal with those same difficulties next time you're faced with these.

You have the on-going support and encouragement from others like you, so share in the WhatsApp group chat the difficulties you come up against. Someone else in the group may be having the same experience (you're not alone in this, you know) and another might have a helpful suggestion for dealing with it.

And remember that you have the Dietitian and Health & Wellbeing Coach who will continue to guide you and help you maintain what you've achieved so far.

Acknowledgement

The format of this resource is based on the Cygnet Healthcare Health & Wellbeing Passport – a collaboration between Brett Peers (Cygnet Healthcare) and Tony Hirving (Hirving Nutrition & Health).

Food-activity-mood diary

Write down everything you eat and drink, as well as recording your mood and duration of physical activity (including walking) you do over seven consecutive days. Keeping a food diary can make us change our eating habits e.g. "I won't eat this, because I've got to write it down". Make a note of what you considered eating, but then decided not to!

Date	Food and drink consumed	Physical activity and mood	<i>I thought about eating this, but decided not to ...</i>
	Breakfast: In between: Lunch: In between: Evening meal: Between evening meal and bedtime:		
	Breakfast: In between: Lunch: In between: Evening meal: Between evening meal and bedtime:		

Food-activity-mood diary

Date	Food and drink consumed	Physical activity and mood	<i>I thought about eating this, but decided not to ...</i>
	<p>Breakfast:</p> <p>In between:</p> <p>Lunch:</p> <p>In between:</p> <p>Evening meal:</p> <p>Between evening meal and bedtime:</p>		
	<p>Breakfast:</p> <p>In between:</p> <p>Lunch:</p> <p>In between:</p> <p>Evening meal:</p> <p>Between evening meal and bedtime:</p>		

What I've noticed about my eating habits:

Food-activity-mood diary

Date	Food and drink consumed	Physical activity and mood	<i>I thought about eating this, but decided not to ...</i>
	<p>Breakfast:</p> <p>In between:</p> <p>Lunch:</p> <p>In between:</p> <p>Evening meal:</p> <p>Between evening meal and bedtime:</p>		
	<p>Breakfast:</p> <p>In between:</p> <p>Lunch:</p> <p>In between:</p> <p>Evening meal:</p> <p>Between evening meal and bedtime:</p>		

What I've noticed about my eating habits: