

## OYM NUTRITION

### STEP 2 – GOAL SETTING

This is an essential step as many of us fail in our goals because we don't prepare or plan properly. In this step, we are preparing for success and focussing on what you would like to achieve, change or gain.

Please take the time to identify what your goals are so you can really make the most of your membership. For example, if it is weight loss, write down how much weight you'd like to lose.

Aim for at least 5 things, such as:

- Get into a good, sustainable routine
- Stop mindless snacking
- Plan meals better
- Lose weight (detail the amount)
- Feel less bloated
- Be able to sleep better
- Feel less stressed or anxious
- Feel happier and more relaxed
- Help your hormones become more balanced
- Understand what foods work best for you
- Be inspired to be healthier
- Learn what foods are the right foods for peri & menopause
- Get support from other like-minded woman
- Educate yourself on health and wellbeing

## OYM PERSONAL RESET GOALS

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