



Smarter Goal Worksheet

What Do You Want to Accomplish?

Lose 10 Pounds

Starbucks Sign

EXISTING CUE

600 Cal Latte

ROUTINE

Delicious Drink

REWARD

Replace 600 Cal Latte with 100 Calorie Americano (-500 Cal)

NEW REPLACEMENT ROUTINE

SMART OUTLOOK:

- SPECIFIC** One drink replaces the other
- MEASURABLE** 500 Calorie Reduction
- ACHIEVABLE** Americano has similar taste
- REALISTIC** The Americano is cheaper
- TIME BOUND** 500 calorie reduction per day

COMBINED NEW SMARTER SOLUTION

To lose ten pounds, I will need to replace 70 lattes with Americanos.

Since I go to Starbucks every day, I will lose one pound every week

$500 \text{ cal/day} \times 7 \text{ days} = 3500 \text{ calories}$ or one pound weight loss.

Total time to lose ten pounds will be ten weeks.

I will enjoy a lighter Americano drink and a lighter me.