



Whitney M.
WW member



Set goals for success

You might know where you want to be in a month or a year—running a 5K, say, or 50 pounds lighter—but how do you get there from here?

You break your overall **outcome** goal into smaller **behavioural** goals along the way. That keeps you action-focused and lets you measure your progress.

You're more likely to reach any goal if you make it...

Specific. Rather than "I'll do yoga this week," try, "I'll go to the 10 a.m. yoga class

at the Y on Tuesday and Thursday after I drop off the kids." (Research shows that people perform better with a specific goal rather than a general "do your best.")

Active. Instead of trying to stop a behaviour (like snacking to unwind before bed), plan to swap in a new behaviour (like cozying up with a great book in bed).

Reasonable. Not a runner now? Don't decide to run every day. Choose doable goals; they'll help you build

up stamina and confidence as you meet each one.

Short-term. You can see your progress, troubleshoot challenges, and celebrate your accomplishments.

WHAT TO DO

Set a small goal

Make it specific, active, reasonable, and short-term. Write your goal below. Then get started! Next week at your Wellness Check-in, review how it went with your Wellness Guide.

My small goal for this week:

What I'll do:

When I'll do it:

Where I'll be:

Who (if anyone) I'll do it with:





←
Quick enough
for weekdays!

Banana lovers' flourless pancakes

Prep 16 min | Cook 8 min | Serves 2



- 2 medium ripe bananas, divided
- 3 large eggs, beaten
- 2 ml (½ tsp) vanilla extract
- 1 ml (¼ tsp) baking powder
- 0.5 ml (⅓ tsp) ground cinnamon
- 1 pinch ground nutmeg
- 125 ml (½ cup) fresh blueberries
- 10 ml (2 tsp) powdered sugar

1. Mash 1½ bananas in a medium bowl; slice remainder and set aside banana slices. Whisk together eggs, vanilla, baking powder, cinnamon, and nutmeg with mashed bananas in bowl until blended.

2. Coat a large nonstick skillet with cooking spray; set over medium heat. Spoon 30 ml (2 Tbsp) batter for each pancake into skillet, making 16 pancakes total, in batches. Cook over medium heat until

edges are set and bottoms are golden, about 1 minute. Carefully flip pancakes with thin spatula and cook on other side until bottoms are golden, about 1 minute.

3. Serve pancakes topped with berries and reserved sliced bananas, and dusted with powdered sugar.

SERVING SIZE: 8 pancakes, 75 ml (⅓ cup) fruit, and 5 ml (1 tsp) sugar

Gluten-free Dairy-free Nut-free

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