

SMART Goals and Weight Management

Unrealistic expectations can lead to negative feelings that reduce progress and motivation. To stay motivated, set personal goals that are realistic and meaningful, and review them regularly. This approach is often called SMART – specific, measurable, achievable, relevant and time-bound goals.

Download a [Smart Goals Planner](#) to create a tailored plan and review it regularly to stay on track.

An example of a non-SMART weight loss goal might be: “I’m going to start losing weight”.

By making it SMART this goal becomes: “I’m going to lose 3kg in one month by walking for 30 minutes five times per week, and reducing my calorie intake by 500 calories per day.”



Specific

To make the goal specific, state what you will do. For example:

- How much weight you will lose
- Which current habits you will change/stop
- Which new habits/activities you will add
- How often you will do these



Measurable

To make goals measurable, you need to track progress. For example:

- Record your weight loss.
- Keep a food diary to track daily calories.
- Record workouts/activities each week.
- Record daily water intake.
- Record healthy vs unhealthy snacks.



Achievable

An achievable goal must be realistic. Sustainable weight loss is typically 1–2 pounds (0.5–1kg) per week, so losing 30 pounds (14kg) in a month is unrealistic and not sustainable. When setting an achievable goal, ask:

- Can I maintain this change long term?
- Will this change fit with my lifestyle?
- Is this change going to be safe for me?



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Relevant

Your SMART goal should be meaningful and linked to why you want to lose weight; this helps motivation.

Although the OEUK weight limit might be your overall goal, additional benefits of weight loss that may be personal and relevant to you include:

- Improve energy levels
- Improve health and wellbeing
- Reduce risk of ill health
- Feel better and improve confidence



Time-Bound

Set goals with a deadline - without one, they can drift.

So, instead of: "I'm going to lose 10kg", change to: "I will lose 10kg in 5 months by losing 0.5kg per week".

With these milestones:

- Lose 2 kg by the end of month 1
- Lose 6 kg by the end of month 3
- Lose 10kg by the end of month 5

Tip

When setting SMART goals, focus on behaviours, not just the scale. You can control behaviours, and this often leads to more sustainable long-term success.

Instead of: "I'm going to lose 10kg", also try including:

- I'm going to replace unhealthy foods with vegetables at two meals daily
- I'm going to drink more than 2 litres of water per day
- I'm going to exercise/get active 4-5 days per week
- I'm going to get 7-8h sleep per night

Support with Weight Loss Goals

- [Better Health - NHS](#)
- [Weight loss | NHS inform](#)
- Contact your GP, a dietitian, your employer, a personal trainer or a local weight-management support group



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Examples

For help setting SMART goals, use the examples below to structure your own.

"I will reduce my weight from 135 kg to 124 kg by 15 October 2026 by losing 0.5 kg per week, attending the offshore gym 4 days per week, exercising 5 days per week onshore, limiting offshore calorie intake to 2,200 calories per day, and tracking my weight weekly."

Long Term Goal

1. **Specific:** I will reduce my clothed body weight from 135 kg to 122 kg to achieve the offshore mobilisation requirement
2. **Measurable:** I will lose 13 kg total and weigh myself weekly at home and before each offshore trip
3. **Achievable:** I will lose an average of 0.5 kg per week over 26 weeks, which is realistic and sustainable
4. **Relevant:** This will allow me to maintain my offshore certification and continue working offshore after November 2026
5. **Time-bound:** I will reach 124 kg by 15 October 2026, allowing 2 weeks buffer before the deadline

Offshore Activity

1. **Specific:** I will attend the gym 4 days per week and walk 8,000 steps daily while offshore
2. **Measurable:** I will log workouts and steps by saving them to an activity tracking app on my phone
3. **Achievable:** Sessions will last 30–40 minutes and include a combination of walking, C/V equipment, and resistance training
4. **Relevant:** Exercise offshore helps offset sedentary periods and avoid calorie-dense catering
5. **Time-bound:** I will maintain this routine for every offshore trip until I reach 124 kg

Onshore Activity

1. **Specific:** I'll exercise 5 days per week when onshore, including 2 strength sessions and 2 C/V sessions
2. **Measurable:** Each session will last at least 45 minutes
3. **Achievable:** This fits my onshore schedule without affecting recovery
4. **Relevant:** Onshore periods allow greater control over diet and exercise
5. **Time-bound:** I will follow this routine during every onshore leave period until reaching 124 kg

Offshore Catering

1. **Specific:** I will build meals offshore using lean protein, vegetables, and avoid desserts and fried foods 5 days per week
2. **Measurable:** I will limit calorie intake to approximately 2,200 calories per day offshore
3. **Achievable:** I will use smaller portions and avoid second helpings
4. **Relevant:** Controlling offshore calorie intake directly supports my weight-loss requirement
5. **Time-bound:** I will maintain this habit during every offshore rotation until October 2026

