

S.M.A.R.T. Goal Setting

Here are some tips to help you set an achievable goal. After you've decided that you are ready to make a change in your behavior, be sure the goal you set is...

SPECIFIC: Give the who, what, when, where, and how of your goal

MEASURABLE: Establish set criteria for measuring your progress

ATTAINABLE: Instead of vowing to cook a healthy meal seven nights a week, shoot for one or two more than what you currently do

REALISTIC: Make sure your goal is something that you are willing and able to work toward

TIMELY: Set a deadline for when you will have achieved your goal

As you are setting your S.M.A.R.T. goals, focus on making small changes in your daily life. These small changes have big benefits for your health. Small things, such as beginning to wear a step counter to track your steps or eating one extra fruit and vegetable each day, will put you on the path toward a healthier lifestyle.

Here is an example of a goal followed by the S.M.A.R.T. version of the goal:

Goal: "To lose weight."

S.M.A.R.T. goal: "I pledge to lose six pounds by Anna's wedding on May 10th, losing two pounds per month over three months, by eating two more fruits and vegetables per day and going for at least three 15 minute walks per week during my lunch break."

Take this space below to create your very own S.M.A.R.T. goal. And remember, small changes do make a big difference.

Goal: _____

Give the SPECIFICS of your goal.
How will you MEASURE your progress?
Can you ATTAIN your goal in your timeframe?
Are you REALISTICALLY willing and able to work toward this goal?
By what TIME will your goal be achieved?

Be sure to check in on your goal each week to see how you are doing. This will help you stay on track. Also be sure to revise your goal if necessary.