# Setting SMART Goals

Making some changes in your lifestyle?  Setting goals can be a great way to get you started and to continue to move forward.   Think **SMART**!

**S**

**SPECIFIC**

Make your goal detailed and SPECIFIC.  Answer who/what/where/how/when.  Ex. "I want to run a 10K race in 45 minutes by next fall"

How will you reach this goal?  List at least 3 action steps you'll take

**M**

**MEASUREABLE**

Make your goal MEASUREABLE.  Add details, measurements and tracking details.  I will measure/track my goal by using the following numbers or methods:

I will know I've reached my goal when:

**A**

**ACHIEVEABLE**

Make your goal ACHIEVEABLE.  What additional resources do you need for success?
Items I need to achieve this goal:
How I'll find the time:
Things I need to learn more about:
People I can talk to for support:

**R**

**RELEVANT**

Make your goal RELEVANT.   What's the outcome – the change – you're expecting.

List *why you* want to reach this goal:

**T**

**TIMELY**

Make your goal TIMELY.  Put a deadline on your goal and set some benchmarks.
I will reach my goal by (date):
My halfway measurement will be _____ on (date):
Additional dates and milestones I'll aim for:

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## Tips for setting Goals:

- More goals are achieved when you WRITE your goal down.
- Build on your goals as you reach them.
- Give yourself a REWARD (no food!)
- At the end of the week, you should go back and assess on how you did with your goals.  Be honest with yourself – decide if you met your goals or not and then adjust them accordingly.
- Make sure to add to each goal one you have met it.  If you exercise 20 minutes 3 times per week, then increase it to 4 times per week.  It is also a good idea to only work on 1-3 goals at a time.
- It took you a lifetime to develop your current habits, so it is not realistic to expect to change them in one week. However, by making small changes, you can develop new habits that will lead to a healthier you.

## What goals do YOU want to set?

LONG TERM:

SHORT TERM:    1

2

3

## Do you need to REVISE your goals?

LONG TERM:

SHORT TERM:    1

2

3