

goal setting 101:

Making Your Goals S.M.A.R.T.



Here are some tips to help you set a “sure-to-achieve” goal. After you’ve decided that you are ready to make a change in your behavior, be sure that the goal you set is...

SPECIFIC: Give the Who, What, When, Where, and How of the 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 pedometer 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 this goal:

GOAL: “To lose weight.”

S.M.A.R.T. GOAL: “I pledge to lose 6 pounds by Anna’s wedding on May 10th, losing 2 pounds per month over 3 months, by eating 2 more fruits and vegetables per day and going for at least 3, 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.

For some other ideas for goals, check out the AOM 100 Ways sheets.

GOAL:

Now, fill in the specifics here, to be sure that your goal is S.M.A.R.T.

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

MEASURABLE: How are you going to measure your progress?

ATTAINABLE: Is this something that you can achieve in the time given?

REALISTIC: Are you willing and able to work toward this goal?

TIMELY: By when will this goal be achieved?

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

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