

S.M.A.R.T GOALS

S

M

A

R

T

1

2

3

4

>>>>>>> *Specific, Measurable, Action-oriented, Realistic, Timeline-based.* <<<<<<<<

TIPS FOR SETTING - AND STICKING WITH - YOUR GOALS

We developed this chart to help you keep track of and follow through on the goals you set. This is a simple, visual way to make sure your goals are attainable, and you have a clear plan to carry them out.

Here's how to use it to help achieve your goals:

1. Print the sheet.
2. Write down up to four health-related goals under the "S" column (these can be the same goals you wrote on your "Goal Setter" worksheet). Ensure you're specific in your goal. For example, instead of writing "be healthier", write "workout regularly". Now for the next three letters - "M", "A" and "R", make your goal measurable, attainable, and relevant. Think about the number you want to give yourself and if it's attainable and relevant for your goal. For example, if you want to be healthier, a good goal would be: "workout 5x per week". Now, the "T" column, which stands for Timeline-based. Give yourself an endpoint, for example: "I will work out 5x per week regularly for 3 months."
3. Post it in a prominent place to keep your goals clearly in mind!
4. At the end of each week, reflect. Consider whether you're on track to reach your goals. Give yourself a pat on the back for your successes and identify areas for improvement.
5. Repeat the whole process over again once a goal has been met. If you find it hard to reach your goals, perhaps tweak them to be more measurable, attainable, or relevant.
6. Let us know if you have any questions!