

Goal Setting for your Health

Using a SMART Objective:

S **Specific:** *What is it that you wish to accomplish? Why is this important to me and my overall goal?*

M **Measurable:** *What will we use to measure our progress? In what direction will our change occur?*

A **Achievable:** *How can we accomplish this? What can we do to help us achieve our objective and what limits us?*

R **Relevant:** *Will our objective help us reach our primary goal? Is it worthwhile measuring our progress?*

T **Time-phased:** *What time frame should this objective be measured within or when can we meet this objective?*

Rationality:

- Objectives are more immediate than goals and represent a potential accomplishment
- Will help you assess your strategies and progress towards achieving your primary goal

Example:

- I want to lose 5 lbs(goal). My objective will be to cut out soda from my diet in order to reduce the amount of sugar I am consuming (specific). I can do this by drinking only 1 soda instead of 2, so I will buy less soda to help me with this (achievable). Doing this will help me reduce my total calories, which will help me lose weight (relevant). I will do this by my next doctor check up in 1 month (time).

1st Plan

Tiny Objective:	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

2nd Plan

Small Objective:	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Guidelines:

- Check the box for the day once your goal has been met; remember, 1st activity should only take about 1 min of your time
- Encourage yourself and remember why this is important to you
- Remember, even a small change makes all the difference!