Take Action!
Healthy Lifestyle Goal and S.M.A.R.T. Steps

I, ____________________________________________________________ will reach my Healthy Lifestyle Goal of:

(your name)

by following my S.M.A.R.T. Steps:

Determining your S.M.A.R.T. Steps - It’s important to take S.M.A.R.T. steps when making lifestyle changes:

Specific: Identify real targets.
Measurable: Use numbers that you can track.
Action-Oriented: Be specific on the action step.
Realistic: You must be both able and willing to achieve the goal.
Timely: Give yourself a timeframe.

Here are several examples of a Healthy Lifestyle Goal followed by S.M.A.R.T. steps toward that goal:

I will lead a more physically active lifestyle.
• I will be active _____ day(s) a week for ______ minutes, by __________________.
• I will walk for a total of 30 min a day, during my lunch break, Mon, Wed and Fri.

I will lose weight slowly.
• My goal weight in 3 months is ______
• My goal weight in 6 months is ______

I will eat more foods with fiber.
• I will eat at least _____ servings of vegetables per day
• I will eat at least _____ servings of fruit per day
• I will make at least ⅔ of the grains that I eat whole grains.
• I will eat at least _____ servings of beans/legumes per week.

I will limit my intake of sweets.
• I will stop drinking sodas.
• I will have ________, ________ per week (ex. Chocolate, cookies, candy, etc.)

I will reduce the times I go out to eat.
• I will plan out my meals to prepare dinner at least _____ times per week.
• I will bring my lunch to work at least ______ times per week.

Health*Matters is UC Berkeley’s Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

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