What are S.M.A.R.T. steps?

**SPECIFIC:** Identify real targets. "I will exercise more" is too vague...instead try "I will walk for 30 minutes at lunch on Mondays and Wednesdays."

**MEASURABLE:** Use numbers that you can track. "I will eat more vegetables" is not measurable...instead try "I will eat 3 cups of vegetables daily."

**ACTION-ORIENTED:** Tie in a specific action. Say "I will go to yoga class twice a week" rather than "I will try to reduce my stress."

**REALISTIC:** Be both able and willing to achieve your goal. "No more sugar" is probably unrealistic...try "I will only have one soda a week."

**TIMELY:** Give yourself a timeframe. "I am going to run a 5K" has no timeframe. Instead say, "On May 11th, I will run a 5K."

Use these example to learn how to incorporate S.M.A.R.T. Steps in your healthy lifestyle goals:

I will lead a more physically active lifestyle.
- I will be active ________ day(s) a week for ______ minutes, by __________________________.
- Ex. I will be active 3 days a week for 45 minutes, by walking with the Health*Matters Walking Group.

I will eat more whole, unprocessed foods.
- I will eat at least _____ servings of vegetables per day.
- I will make at least ½ of the grains that I eat whole grains.
- I will eat at least _____ servings of beans/legumes per week.

I will be more mindful.
- I will unplug from technology for ______ minutes during ________ everyday. (ex. 60, dinner)
- I will think of _____ positive thoughts everyday or before/after ________. (ex. 3, before bedtime).
- I will take a ________ minute break everytime I am __________________________. (ex. 3, stressed)

I will make healthy food and beverage choices.
- I will treat myself to ________, ________ times a week. (ex. Dark chocolate, 3)
- I will swap water for sweetened drinks _____ times per week.
- I will stop at a 6 on the hunger scale for _____ meals per day.

Create your own healthy lifestyle goal with S.M.A.R.T. Steps

I will ______________________________________________________________________
______________________________________________________________________________.