SMART Goal Setting

Name one behavior associated with your lifestyle that you most want to improve:
1. __________________________________________________________________________

What is your motivation or reasons why you desire change?
___________________________________________________________________________
___________________________________________________________________________

Name a few obstacles that have made or will make it challenging to change:
1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________

Determining Goals
It’s important to create SMART goals when making lifestyle changes.

Goals should be:
Specific- language must be specific
Measurable- Use numbers that you can track.
Action-Oriented- Identify new behaviors/actions you will take
Realistic- You must be both able and willing to achieve the goal.
Timely- Give yourself a timeframe

Goal Examples

<table>
<thead>
<tr>
<th>Vague</th>
<th>I will be more active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specific</td>
<td>I will be active _____ day(s) a week for _________ minutes per session.</td>
</tr>
<tr>
<td></td>
<td>My activities will be: _____________________________________________</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Vague</th>
<th>I will eat less sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specific</td>
<td>• I will eat a savory breakfast _____ days per week for the next week.</td>
</tr>
<tr>
<td></td>
<td>• I will cut my soda intake in half for the next 2 weeks.</td>
</tr>
</tbody>
</table>

My goal: ________________________________________________________________
________________________________________________________________________

Confidence level (0-10): ____