

SMART Goal Setting

Lifestyle behavior you most want to improve

Reasons why you desire change

Barriers/obstacles

Setting realistic short-term behavior goals can help you achieve your long-term goal. Goals should be SMART:

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

SMART Goal Examples

Vague	I will be more active
SMART	I will walk 30 minutes around campus on my lunch break 3 days/week for the next two weeks.

Vague	I will eat less sugar
SMART	I will eat a savory, no-sugar-added breakfast 4 days/week for the next week.

My SMART goal

Confidence on a scale of 1-10: _____

If you picked 9-10: Great!

If you picked 7-8: You are confident, but there may be some expected or unexpected barriers. Try making your goal a little more realistic given these barriers so that your confidence level is 9-10.

If you picked 6 or lower: It feels much better to succeed at a simpler goal than to fail a goal that is too difficult. Try making your goal more realistic so that your confidence level is at least 8-9.