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

<table>
<thead>
<tr>
<th>Vague</th>
<th>SMART</th>
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<tbody>
<tr>
<td>I will be more active</td>
<td>I will walk 30 minutes around campus on my lunch break 3 days/week for the next two weeks.</td>
</tr>
<tr>
<td>I will eat less sugar</td>
<td>I will eat a savory, no-sugar-added breakfast 4 days/week for the next week.</td>
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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.