

S.M.A.R.T. Goals

Specific – Your goal is clear, easy to understand, and includes the details of the actions you will take.

Measurable – You have a way to track progress towards your goal.

Action-based – You are taking action to achieve your goal (for example, not just a weight loss #, but what you will DO differently)

Realistic – Your goal is personal to you and it feels possible to do right now/this week. It takes into account the resources, time and other challenges.

Time-based – You have dedicated time to work towards and reassess your goal.

Tips for setting SMART goals:

- If your goal is to stop doing something, think about what you might replace it with. For example, replacing soda with unsweetened iced tea.
- The words “at least” can be helpful in creating realistic goals.

Examples:

I will walk up the stairs at work (*Specific, Realistic, and Action-oriented*) at least once daily (*Measurable, Specific, Realistic*) for the next month (*Time-based*), and I will track my progress by marking the calendar on my desk (*Measurable*).

I will replace at least three sodas with water each week for the next two weeks. I will keep a tally of my weekly servings of water on a sticky note by the fridge.

I will try at least one new vegetable every week for the next month. I will document this in the notes app on my phone.

Create your own:

My S.M.A.R.T. goal(s)...
