

# Establish S.M.A.R.T. Wellness Goals



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UCA BeWell

**S**pecific: Clearly state what you want to accomplish

Try to answer the WHO, WHERE, WHEN, WHY and HOW:

- Who is involved?
- Where will I accomplish my goal?
- When will I try to reach my goal?
- Why do I want to reach this goal?
- How will I go about reaching this goal?
- How will I work around barriers?

General Goal: I want to exercise and get in shape. ✘

Specific Goal: I will walk two miles three times a week at 7:00 am to get in shape. ✔

**M**easurable: Make sure to track your progress

To determine if your goal is measurable, answer the following:

- How much? How many?
- How will I know when my goal has been reached?

General Goal: I want to lose weight. ✘

Measurable Goal: I want to lose 10 pounds in two months. ✔

**A**ction-Oriented: Know what actions you need to take to reach this goal

General Goal: I want to be less stressed. ✘

Action-Oriented Goal: I will do a home yoga session every Tuesday and Thursday. ✔

**R**ealistic: Think big but make sure it's possible!

Unrealistic Goal: I am going to stop eating all sweets and sugars. ✘

Realistic Goal: I am going to limit dessert to twice per week. ✔

**T**imely: Set a time limit for reaching your goal

General Goal: I want to lose 10 pounds. ✘

Timely Goal: I want to lose 10 pounds in July. ✔

# My Wellness Goal

## Specific:

- Who is involved:
- Where I will do this:
- When I will do this:
- Why I want to do this:
- How will I do this:

Therefore, my specific wellness goal is:

**M**easurable: I will track my progress by:

**A**ction-Oriented: Is my goal action-oriented?                      YES                      NO

If not, rewrite your goal.

**R**ealistic: Is my goal realistic?    YES                      NO

If not, rewrite your goal.

**T**imely: I will reach my goal by the following date:

## Barriers, Solutions & Rewards

My potential barriers are:

I will work around these barriers by:

My healthy reward for achieving my goal will be: