

# S.M.A.R.T. GOAL SETTING

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## Specific

**Clearly state what you want to accomplish.**

Ask who, what, when, why and how.

## Measurable

**Plan how to track your progress.**

Ask "How much?" and "How many?"

## Action-oriented

**Know what actions you need to take to reach this goal.**

Ask "What actions will I need to take?"

## Realistic

**Think big but make sure it's possible!**

Ask "Is this goal realistic for me?"

## Timely

**Set a time limit for reaching your goal.**

Ask "When would I like to achieve this goal?"

**For Weight Management:** Consider setting SMART goals related to physical activity, nutrition and lifestyle habits, such as sleep or stress management. Doing so will greatly improve likelihood of success in achieving your overall wellness goal.

## Example: Physical Activity SMART Goal

**Weak:** I will exercise to support my goal to lose 10 pounds in 8 weeks.

### **Make it a SMART goal:**

- **Specific:** I will walk for physical activity to increase my energy output.
- **Measurable:** I will walk for 20 minutes, 3 times per week.
- **Action-Oriented:** I will purchase new shoes and start walking next week.
- **Realistic:** I have time available after work, so that is when I will walk.
- **Timely:** I will do this activity for 4 weeks and then evaluate my progress. I will increase my activity minutes for the following 4 weeks to support my overall goal, as needed.

**Strong:** I will walk for 20 minutes after work 3 times each week for 8 weeks to support my wellness goal to lose 10 pounds.

## **Example: Nutrition SMART Goal**

**Weak:** I will eat healthier to support my goal to lose 10 pounds in 8 weeks.

### **Make it a SMART goal:**

- **Specific:** I will replace calorie dense sides with vegetables to increase my intake of vital nutrients.
- **Measurable:** I will add 1 serving of vegetables each day of the week.
- **Action-Oriented:** I will meal plan and purchase the vegetables every weekend.
- **Realistic:** I have limited time to cook and a tight budget, so I will buy frozen vegetables that are affordable and easy to cook in the microwave.
- **Timely:** I will do this activity for 4 weeks and then evaluate my progress. I will adjust my nutrition goals for the following 4 weeks to support my overall goal, as needed.

**Strong:** I will meal plan and replace calorie dense sides with 1 serving of vegetables each day of the week for 8 weeks to support my wellness goal to lose 10 pounds.

## **Example: Mental Health SMART Goal**

**Weak:** I will better manage stress to support my goal to lose 10 pounds in 8 weeks.

### **Make it a SMART goal:**

- **Specific:** I will practice journaling to be more mindful of my thought patterns.
- **Measurable:** I will set aside 5 minutes each day to journal and reflect.
- **Action-Oriented:** I will purchase a journal and set a reminder on my phone.
- **Realistic:** I have very busy mornings, but before bed is a relaxing and quiet time so this is when I will journal. I know that 5 minutes is all I can spend on this.
- **Timely:** I will do this activity for 4 weeks and then evaluate my progress. I will adjust my mental health activity for the following 4 weeks to support my overall goal, as needed. I may consider adding yoga or meeting with a counselor.

**Strong:** I will journal for 5 minutes before bed each day of the week for 8 weeks to support my wellness goal to lose 10 pounds.

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## Now It's Your Turn: Create Three SMART Goals

Don't forget to plan for how to overcome potential challenges!

**Physical Activity SMART Goal:** \_\_\_\_\_

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**Nutrition SMART Goal:** \_\_\_\_\_

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**Lifestyle SMART Goal:** \_\_\_\_\_

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