

SMART Goal



What is a SMART Goal?

Setting a SMART goal can help you take small steps to make big changes to improve your health now and in the future. SMART goals are:

Specific – Make your goal focused on one thing you want to change.

Measurable – Attach a number to your goal. It'll be easier to tell if you met it or not.

Attainable – Focus on one thing you can do today.

Relevant – Set your goal in an area that could use change.

Time-Bound – Give your goal an end date to re-evaluate and set a new goal.

Set Your SMART Goal

Example of a SMART Nutrition Goal: *I will increase my dairy intake by eating yogurt for breakfast at least five days this week.*

Example of a SMART Physical Activity Goal: *I will increase my physical activity by going for a ten minute walk after lunch at least five days this week.*

I will increase/decrease _____
(circle one) *what will you change?*

by _____ at least _____ days this next week.
how will you do it? *number*

I will work on this goal until _____.

SMART Goal Check-In

Use the prompts below to check-in on your goal and reflect on how it is going.

What went well? _____

What was a challenge? _____

What can I do differently next time? _____
