Setting S.M.A.R.T. Health Goals

When you are trying to improve your health, setting goals can help. This sheet shows you how to set S.M.A.R.T. goals you can achieve. Start by writing down your main health goal: _____

Then, review the 5 sections below. Check off each of the sections that describes your goal. A S.M.A.R.T. goal will have all 5 sections checked.

S.M.A.R.T. Goals

☐ **"S" is for specific:** It's easier to achieve well-defined goals. Make your goal clear and simple.

> *Example: Instead of "getting in shape," make your goal "exercise for 30 minutes at least 4 days every week"*

☐ **"M" is for measurable:** Make your goal something you can count. Use a tracking log to help you see your progress.

> *Example: Instead of "eating better," make your goal "eat 5 servings of fruits and vegetables every day"*

☐ **"A" is for attainable:** Think about how you are going to reach your goal. Will you need help from your healthcare provider, friends, or family? If so, reach out to them.

> *Example: If your goal is to take your medicines every day, can you think of someone who can remind you until it becomes a habit?*

☐ **"R" is for realistic:** Make your goals challenging, but reachable. Don't set your sights too high or too low. Breaking your goal into smaller pieces may help.

> *Example: If you want to lose 50 pounds, set 5 smaller goals of 10 pounds each*

☐ **"T" is for timely:** Set a date to reach your main goal. Then set dates to reach your smaller goals.

Now, take a look at the 5 sections. Which sections are not checked? How can you change your goal to make it S.M.A.R.T? Write down your revised goal here: _____
_____

Improving your health can be hard. But having S.M.A.R.T. goals can help! If you need help, ask your healthcare provider.