

Setting SMART Goals

Goal setting can help you change your lifestyle to improve your health. If you set a specific (or detailed) goal, you are more likely to achieve your goal. Specific goals are often called “SMART” goals

What is a SMART goal?

Specific – Clearly state what you are going to do. Your goal should answer the questions how, what, when, and where.

Measurable – Your goal should answer questions like how much and how many. This will help you measure your progress toward your goal.

Attainable – Choose a goal you can achieve. Start with small changes. You can always change your goal later to make it harder.

Rewarding – The goal should make you feel good when you achieve it. If you think your goal is worthwhile then you will be more likely to succeed. Your goals should be set by you and not by someone else.

Timely – Give yourself a time frame to reach your goals. You may set a short-term goal (for example, 1 week) and a long-term goal (for example, 1 month).

Tips for setting goals

- Write your goals on paper. People who write down their goals are more likely to achieve them.
- Change is hard. Start with one or two goals to increase your chances of success.

Example of a SMART goal: I will eat 7 servings of vegetables and fruit a day.	
Specific How will I do it? (What, when, where, and how?)	<ul style="list-style-type: none">• Eat 1 piece (1 serving) of fruit at breakfast, ½ cup (1 serving) of canned fruit at 10:00 a.m. and 1 piece (1 serving) of fruit at 4:00 p.m.• Eat 1 cup (2 servings) of vegetables at lunch and 1 cup (2 servings) at supper.
Measurable How will I measure it? (How much, how many?)	<ul style="list-style-type: none">• Write down how many vegetables and fruit I eat each day in a journal.• Use a measuring cup to measure 1 cup (2 servings) of vegetables.
Attainable Is this something I can do?	<ul style="list-style-type: none">• Yes, I will plan to buy enough vegetables and fruits when I do the grocery shopping every week.
Rewarding Is this something I want to do?	<ul style="list-style-type: none">• When I eat more vegetables and fruits each day, I will feel like I have really done something to improve my health.
Timely How often or when will I do this?	<ul style="list-style-type: none">• Starting Monday I am going to eat more fruit and eat more vegetables every day.

Use this worksheet to set one or two goals for yourself using the SMART guidelines.

My goal is:	
Specific How will I do it? (What, when, where, and how?)	
Measurable How will I measure it? (How much, how many?)	
Attainable Is this something I can do?	
Rewarding Is this something I want to do?	
Timely How often or when will I do this?	

Staying on track

Write down the names of people you can ask to support the changes you are making.

Write down things that could make it hard for you to achieve your goal.

Write down some ideas for how you can manage these difficulties.

Write down why you are making a healthy lifestyle change. Read this when you feel like giving up on your goal.
