

SMART GOALS

Create Smart Goals for Nutrition or Physical Activity



Choose one area to develop a SMART Goal for:

SMART Goals: People who set specific and challenging yet attainable goals are more likely to meet their goal. Use the SMART goals framework to write a healthy goal.

	SMART Suggestions	My Goal Information
Specific	Write out exactly what you want to do. Make sure the goal is something that you can measure and you can say "yes or no" to achieving it.	
Measurable	Determine how you are going to measure and track your progress. What will you use to track and monitor how you are doing?	
Achievable	Why do you think this goal is achievable? Explain how you can manage this change.	
Relevant	Why is this goal relevant to me? Why did you choose this area to focus on?	
Timeline	How long will you track your progress? When will you measure progress? Set dates/times to review how you are doing (daily, weekly, etc.)	

Support for achieving my goal:

Who will I tell my goal to so they can help me meet my goal?

What kind of help will I need from them?



NAME: _____

MY SMART GOAL REFLECTIONS

Complete this section AFTER you have monitored your behavior for the designated time.

Reflection on achieving my goal:

Did I achieve my goal? How many days was I able to achieve my nutrition or physical activity goal?

What obstacles did I face?

How did I overcome those obstacles?

What can I do in the future to overcome those or other obstacles?

Will I continue with this healthy habit after this assignment? Why or why not?

