

Set a Goal Make It SMART



Specific
Measurable
Action-based
Realistic
Time-specific

My SMART Goal(s):

SMART Goal Example: Jay's Goal is to lose 8 pounds in six weeks.

Now that you have written your goal(s) answer the following questions for each goal.

- Is your Goal *Specific*? Does it answer what, where and when?
- Is your Goal *Measurable*? Are you able to assess your progress?
- Is your Goal *Action-based*? What steps will you take to accomplish your goal?
- Is your Goal *Realistic*? Can it be accomplished in the time frame you set?
- Is your Goal *Timely*? Does your goal answer when will I do this?



Set a Goal Make it SMART (continued)

How to Create an Action Plan:

An action plan includes the steps you intend to take to accomplish your goal. Using Jay's example let's create an action plan.

Action Plan Example:

- Jay will reduce soda consumption from 2 sodas a day to 1 soda a day.
- Jay will reduce his calorie intake by 400 calories per day.
- Jay will ride his bike at moderate intensity for 2.5 hours per week.
- Jay will reduce the number of times he eats out from 5 times per week to 3 times per week.

My Action Plan:

Once you have created your SMART goal(s) and Action Plan, post them where you will see them often.