

SMART Goals

1. Specific

Who: Who is involved?

What: What do I want to accomplish?

Where: Identify a location.

When: Establish a time frame.

Why: Specific reasons, purpose or benefits of accomplishing the goal.

2. Measurable

To determine if your goal is measurable, ask questions such as...

How much? How many?

How will I know when it is accomplished?

3. Attainable

When you identify a goal that is important to you, you begin to figure out ways you can make your goal come true. You develop the attitude, ability, and skills to help reach your goal. You begin seeing new ways to achieve your goal.

4. Realistic

A realistic goal is something you are both *willing* and *able* to make happen.

5. Timely

A goal has a specific time frame.

SMART Goals

Today, I set the following SMART goal(s) for myself:

The ABCs of Healthy Choices

It's simple, just think back to your ABCs:

A = Add

What healthy activity can I add at this time?

B = Better

What better choice could I make?

C = Change

What could I change to make myself healthier?

Remember: Starting small can lead to big changes!