

MAKE YOUR GOALS

S

SPECIFIC

What do you want to achieve?

M

MEASURABLE

How will you track your progress?

A

ATTAINABLE

How will you achieve your goal?
Make a plan!

R

RELEVANT

How will this goal help you?

T

TIMELY

When will you achieve this goal?

Setting SMART goals helps you turn your intentions into achievable actions. Whether you're looking to improve your nutrition, increase your physical activity or develop healthier habits, creating SMART goals gives you a clear roadmap for success.

Why are SMART Goals Important?

- They turn vague intentions ("I want to be healthier") into clear action plans
- They motivate you by giving you milestones to reach
- They help you track progress and celebrate success
- They keep your goals realistic and focused, so you don't get overwhelmed or discouraged

Example of a SMART Goal: Nutritional Health

- **S:** Eat 5 servings of fruits and vegetables daily
- **M:** Track servings each day
- **A:** Manageable with simple planning
- **R:** Supports nutrition and immunity
- **T:** 30-day goal

SMART Goal: I will eat at least 5 servings of fruits and vegetables each day for the next 30 days to improve my overall nutritional health and support a healthy immune system.

Example of a SMART Goal: Physical Health

- **S:** Walk 30 minutes at a moderate pace
- **M:** 5 days per week
- **A:** Realistic for most fitness levels
- **R:** Helps improve cardiovascular health
- **T:** 6-week timeframe

SMART Goal: I will walk for 30 minutes at a moderate pace, 5 days a week, for the next 6 weeks to improve my cardiovascular health and energy levels.

MAKE YOUR GOALS

S

SPECIFIC
What do you want to achieve?

M

MEASURABLE
How will you track your progress?

A

ATTAINABLE
How will you achieve your goal?
Make a plan!

R

RELEVANT
How will this goal help you?

T

TIMELY
When will you achieve this goal?

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

S

What do you wish to accomplish?

M

How will you measure the progress or know that you reached your goal?

A

What skills or outside help will you need to reach your goal?

R

Is the goal worthwhile? Is it the right time to accomplish it?

T

Start Date:

Finish Date:

Set a start and finish date for your goal.

Smart Goal

Final goal statement.

Action items

(Steps you'll take to reach your goal)

Potential Obstacles

(What might get in the way)

Potential Solutions

(How you'll handle those obstacles)

