

15 SMART Goal Examples

FOR HEALTHY LIVING

- I WILL LOSE 30 POUNDS IN 12 MONTHS.
- I WILL EXERCISE FOR 30 MINUTES TO 1 HOUR DAILY EACH WEEKDAY.
- I WILL AVOID UNHEALTHY FOODS FOR BREAKFAST, LUNCH, AND DINNER DAILY.
- I WILL EXERCISE PORTION CONTROL EVERY DAY.
- I WILL NOT EAT SWEETS AND PASTRIES JUST ONCE EACH WEEK.
- I WILL DRINK HEALTHY BEVERAGES ALL WEEK LONG.
- I WILL DO 1 ACTIVITY EACH DAY TO IMPROVE MY MENTAL HEALTH AND EMOTIONAL WELL-BEING FOR THE NEXT 12 MONTHS.
- I WILL REMOVE CARBS FROM MY DIET FOR LUNCH AND DINNER EVERY DAY FOR 1 YEAR.
- I WILL REDUCE MY CARB INTAKE BY 50% FOR 8 MONTHS.
- I WILL DO 1 ACTIVITY EACH WEEK TO CONNECT WITH OTHER PEOPLE, ESPECIALLY FORMER FRIENDS, FAMILY, AND OTHER CONTACTS.
- I WILL INCORPORATE 5 NEW WAYS OF DOING THINGS EACH WEEK TO PUT MORE MOVEMENT AND PHYSICAL ACTIVITY INTO MY DAY.
- I WILL READ 1 BOOK EACH MONTH OR 1 ARTICLE EACH WEEK ON HOW TO BECOME HEALTHIER FOR THE NEXT 12 MONTHS.
- I WILL CUT ALCOHOLIC BEVERAGES FROM MY DIET BY 75% EACH WEEK.
- I WILL CUT SMOKING BY 50% EACH WEEK.
- I WILL WATCH A FUNNY SHOW OR MOVIE AT LEAST ONCE A WEEK TO LAUGH AND GET IN GOOD SPIRITS!