

SMART GOALS

SPECIFIC

What are you planning to do or change? Which exact actions will you take? Who is going to help you? Specific goals are clear and outline what you are trying to achieve. Use action words and phrases to describe what you will do. Ex: I will take a 20-minute walk every Tues and Thurs afternoon at 12:30pm for the next 6 weeks.

MEASURABLE

How will you measure your daily progress? Where will you document your observations and how will you know change occurred? Making your goal measurable means "keeping track." Ex: I will record each 20-minute walk in my exercise journal.

ATTAINABLE

Which resources will help you? Is your goal within reach, given your available resources, knowledge, and time? Are there any barriers? Is the goal set too high or low? How do you know? SMART goals are challenging + realistic. Be real with yourself and pursue goals you are confident you will reach. Ex: I don't exercise, but in 6 week's time I will walk 40-minutes per week for exercise.

RELEVANT

Is your SMART goal meaningful to you? How does this goal support your overall health and wellness? Your SMART goal should align with your overall vision of health and well-being.

TIME-BOUND

When will this goal be achieved? Is this time frame realistic? Your SMART goal should include a specific end date. You can always review and reassess your end date if needed but always include your full timeframe when creating a new SMART goal.

INSTRUCTIONS

SMART is an acronym for setting goals that are: specific, measurable, attainable, relevant, and time-bound. Read the description of SMART goals above. After you read through each description, begin creating your own SMART goal. Use the boxes on the next page to identify how you will reach your goal. Below are some examples of how your final SMART goal may look:

EXAMPLE I: For the next 6 weeks I will eat a piece of fruit with lunch and mark my calendar with a gold star on the days I am successful.

EXAMPLE II: On Wednesday and Saturday mornings I will take a 20 min walk through my neighborhood and track my progress with my Fitbit.

EXAMPLE III: I will go to bed at 10:30PM this week, begin my bedtime routine at 10PM, and keep a sleep diary in order to begin waking up at 6:30AM each day AND get 8 hours of sleep.

SPECIFIC

MEASURABLE

ATTAINABLE

RELEVANT

TIME-BOUND

MY SMART GOAL

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