

## GOAL SETTING



Ever set a goal only to give up quickly because that goal feels so far out of reach? Instead of setting one big goal or focusing only on your “ideal” goals – set several small but achievable goals (SMART goals) and build on those.

- S** Specific: Pick one thing to modify. Write it down!  
"I will lose weight" is not specific.  
Smarter: ***"I will lose 1-2 pounds per week this month."***
- M** Measurable: Can you measure it (frequency, duration, amount)?  
"I will start exercising" is not measurable.  
Smarter: ***"I will go for a 15 minute walk 3 times this week."***
- A** Attainable: Can you do it? Set several small goals instead of one large one. "I will start running" may not be immediately attainable.  
Smarter: ***"I will add a one minute jog to each of my walks this week."***
- R** Realistic: Is it safe, healthy and reasonable? Do you believe you can achieve it? "I'm never eating out again" is probably not realistic.  
Smarter: ***"I will only eat out 2 times this month, and I will look at the menu and choose healthy options in advance."***
- T** Time-bound: When will you achieve it? This week? Next month? Make sure it is realistic.  
"I need to stop eating dessert" is not time-bound.  
Smarter: ***"I will replace my evening ice-cream with fruit every day this week"***

## Setting Short and Long-Term Goals

Weekly short terms goals chart progress, while long term goals help clarify your destination. Both short and long-term goals need to be revisited and revised every month along the journey.

My Long-term weight goal: \_\_\_\_\_

My 3-month goal(s): \_\_\_\_\_

My 6-month goal(s): \_\_\_\_\_

My 12-month goal(s): \_\_\_\_\_

My 18-month goal(s): \_\_\_\_\_

Example nutrition and physical activity goals to focus on:

- Setting a daily calorie goal for the week
- Increasing fruits and vegetables by a set number of servings/day for the week
- Choosing only lean proteins every day
- Adding 500 steps/day to every day this week
- Scheduling physical activity on 5 days per week
- Avoiding sugar-sweetened beverages every day for the week

My goals for this week include:

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I will meet these goals by:

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## WEEKLY GOAL SETTING

Week	Nutrition Goals <i>(ex. Eat 5 fruits and veggies every day)</i>	Physical Activity Goals <i>(ex. Walk for 15 min on 3 days this week)</i>	Is it SMART? Y/N	Achieved? Y/N	If not, why not?
1					
2					
3					
4					
5					
6					
7					
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10					
11					
12					
13					

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