

# FACT SHEET



## SMART Goal To eat more Whole Grains

The American Cancer Society Guidelines on Nutrition and Physical Activity recommends that breast cancer survivors:

- Choose whole grains instead of refined grain products.



# GOAL SETTING

## WHOLE GRAINS



**Specific** A goal should be precise by determining what you *plan* to do.

- Verbalize: turn your goal into a positive affirmation—or ‘speak it into existence.’
- Visual: picture yourself in the future having reached the goal.
- Actualize: work at it—to reach your goal.

**Measurable** A goal should be quantifiable to measure your progress.

- Use the super tracker to help plan, analyze, track your diet, physical activity, and monitor your dietary intake.

**Attainable** A goal should be achievable.

- Set a realistic goal.
- Focus on making one change at a time.

**Relevant** A goal should be important to you.

- Dietary intake is often cultural specific. Look for ways to modify traditional recipes.

**Time-bound** A goal needs to be sensible.

- Measure progress daily.

After considering the cancer prevention guidelines, decide which changes to make first. Keep in mind that new behaviors take about a month to become habit. Before you set a goal, ask yourself these questions:

1. Why am I creating this goal?
2. What are the benefits/barriers of reaching this goal?
3. How will reaching this goal make me feel?
4. Who will help me reach this goal?
5. How will I reach the goal?

