the center
For Naturopathic Medicine & Functional Nutrition

S.M.A.R.T. Goals

A Goal to Support Your GLP-1 Journey

SPECIFIC:
What are you trying to accomplish? Use the "W"s to help be precise: who, what, where, when, why

MEASURABLE:
Including measures is important so you know how close you are to reaching your goals!

ACHIEVABLE:
Make sure you have resources to reach your goals and they are things you CAN make happen.

RELEVANT:
The goal should be relevant to YOUR needs and support your values and vision for the future.

TIMED:
Goals should have deadlines so you can review and revise when necessary, develop a schedule for your goals.

GOAL: I will include [**specific action**] by [**how often/how much**], for the next [**time frame**], to help support [**your goal**]

Example: *I will do a short* ***15 minute at home strength workout*** *using bodyweight or resistance bands* ***2 times per week*** *for the* ***next 3 weeks*** *to help support* ***muscle maintenance while taking GLP-1 medications****.*

Write your S.M.A.R.T. Goal in the box below:

