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 include one* ***calcium-rich food*** *(such as milk, yogurt, or fortified plant-based milk)* ***once per day for the next 2 weeks*** *to help support* ***my bone health****.*

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

