the center
For Naturopathic Medicine & Functional Nutrition

# S.M.A.R.T. Goals

## Select Two Goals 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.

**GOALS:** Select one goal to work on and explain why you chose that goal in the box below

- [ ] I will include a **high-protein food at breakfast** (such as eggs, Greek yogurt, or a protein smoothie) **on at least 3 days this week** to support fullness and maintain muscle mass during weight loss.

- [ ] I will add **one fiber-rich food** (such as beans, berries, vegetables, or whole grains) to **two meals each day for the next 7** days to support digestion and help me feel satisfied between meals.

- [ ] I will prepare **one recipe from this module** within the **next week** to practice building balanced meals that include protein, fiber, and healthy ingredients.

