



SMART Goals

The following recommendations are important for creating a lifestyle in a healthy, sustainable way. Healthy habits can be challenging, but having lifestyle skills, knowing how to write and accomplish SMART goals will help attain your goals and create a health life.

1. SMART Goals

- SMART Goals are helpful at keeping us focused on doing the things that bring us closer to our goal(s), help keep us from self-destructive behaviors.
- Help to define what you want to do and how you measure the progress.
- SMART is an acronym for: Specific, Measurable, Attainable, Realistic, and Timely.
 - **Specific** – define and write down specific goals by answering the six 'W' questions – Who, What, Where, When, Which and Why.
 - **Measurable** – measuring your progress along the way helps keep you on track. Different tools to help measure include food diaries such as SuperTracker.gov, MyFitnessPal, along with journaling, fitness watches, and pedometers. To determine whether your goal is measurable ask the following questions, How Much, How Many, and How Will I know once the goal is accomplished?
 - **Attainable** – this consists of tools, information, and resources that help you reach your goal.
 - **Realistic** – a goal is realistic if you truly believe that it can be accomplished (self-efficacy).
 - **Timely or Time bound** – if there is no time frame tied to the goal there is normally no sense of urgency. Goals without starting points and deadlines are easier to put off. Put deadlines on yourself!
- SMART Goals help keep you accountable and reduce the risk of a slip.
- Example of a SMART Goal: I will eat 5 servings of fruits and vegetables daily for at least 4 days per week on Mondays, Tuesdays, Thursdays, and Fridays.