



SMART is an acronym that stands for specific, measurable, achievable, relevant and time-based. Each element of the SMART framework works together to create a goal that is carefully planned, clear and trackable for building a healthier lifestyle.

ARE YOU BEING SMART ABOUT YOUR GOALS?

S SPECIFIC	Be as clear and specific as possible with what you want to achieve. The more narrow your goal, the more you'll understand the steps necessary to achieve it
M MEASURABLE	What evidence will prove you're making progress toward your goal? Setting milestones along the way will give you an opportunity to re-evaluate and course-correct as needed.
A ATTAINABLE	Before you begin working toward a goal, decide whether it's something you can achieve now or whether there are additional preliminary steps you should take to become better prepared.
R REALISTIC	Your goal should align with your values. Ask yourself why the goal is important to you, how achieving it will help you and how it will contribute toward your long-term goals.
T TIMEBOUND	What is your goal time frame? An end-date can help provide motivation and help you prioritize obtaining your goal.





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Step One: What is your Initial Goal? _____

Step Two: Answer the SMART Questions

SPECIFIC: _____

MEASURABLE: _____

ATTAINABLE: _____

REALISTIC: _____

TIMEBOUND: _____

Step 3: What adjustments do you need to make to your initial goal to turn it into SMART Goal? Rewrite your goal as a SMART Goal: _____

What will hold you accountable to stick to this goal? _____

What will remind you to do this goal or remind you why this is important and something you are trying to achieve? _____

What will you use as a motivator to keep you going? _____

When will you reassess and reevaluate your goals? _____

