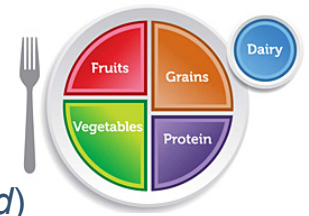


# SETTING SMART GOALS



Specific (*Simple*)  
 Measurable (*Motivating*)  
 Achievable (*Attainable*)  
 Realistic (*Relevant*)  
 Time bound (*Time-based*)



**SMART GOALS** are goals we make for ourselves. We pick achievable changes for slow and steady progress. **Long-term goals** are set for specific things we hope to achieve in the next 6 months to 1 year. We set **short-term goals** to be completed anytime within 2 weeks to 2 months. We break goals up into 3 categories: Nutritional Goal, Exercise Goal, & Healthy Habit Goal.

**EXAMPLE of Long-Term Goal:** Exercise for 30 minutes most days per week

**EXAMPLE of Short-Term Goal:** Get my 10,000 steps in every day

**EXAMPLE of Health Habit Goal:** Try to get 7-8 hrs. of sleep every night

## LONG-TERM GOAL

Nutritional Goal:

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Exercise Goal:

---

Healthy Habit Goal:

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## SHORT-TERM GOAL

Nutritional Goal:

---

Exercise Goal:

---

Healthy Habit Goal:

---

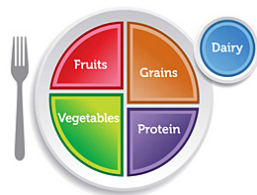
Re-visit previous goals to help you stay on target:

Area	Short Term SMART Goal	Rate your Progress So Far (1-10)	Keep Going Or Revise?
Nutritional			
Exercise			
Healthy Habit			

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## LONG-TERM GOAL

Nutritional Goal:

Give up Soda, Eat more green foods, less onion rings

Exercise Goal:

Be active daily

Healthy Habit Goal:

Sleep more and stress less

## SHORT-TERM GOAL

Nutritional Goal:

Cut out one can soda, schedule onion rings for a night out, Hide greens in a smoothie

Exercise Goal:

10 minute brisk walk daily to start with

Healthy Habit Goal:

Sleep: Reading before bed time; Stress: 5 minute breathing technique and/or meditation

**Re-visit previous goals to help you stay on target:**

Area	Short Term SMART Goal	Rate your Progress So Far (1-10)	Keep Going Or Revise?
Nutritional	Schedule a "date night" to eat onion rings every other week	See in 3 weeks	I can schedule onion rings 1x month now
Exercise	10 min walk daily	See in 3 weeks	Increase walk to 15 min daily
Healthy Habit	5 min breathing technique daily	See in 3 weeks	Trying to stick with it...