

SMART GOALS

S.M.A.R.T goals are designed to help create a more effective goal setting process. You are more likely to achieve your goal when it is S.M.A.R.T. Use concise language, but include relevant information.

Initial Goal	<i>Write the goal you have in mind.</i>
S Specific	Thinking about your initial goal, answer the following questions. Try to focus on the health behaviors that will ultimately help you achieve your end results.
	<i>What do you want to accomplish? What are the health behaviors that you need to adopt to accomplish this goal? What steps are necessary for you to accomplish this goal? Why is this a goal?</i>
M Measurable	
	<i>How can you measure your progress? When will you know you have accomplished your goal?</i>
A Achievable	
	<i>Do you have the skills, tools, and experience necessary to achieve this goal? If not, how can you obtain them? Is the amount of effort required need for this goal on par with your current levels?</i>
R Relevant	
	<i>Why are you setting this goal now? Is it aligned with the overall objective? What is the motivation for this goal? Is this relevant to your end goal?</i>
T Timely	
	<i>What is your ideal deadline for this goal? What is a realistic deadline for achieving this goal?</i>
SMART Goal	<i>Review what you have written and craft a new goal statement based on your answers. Remember to focus on health behaviors rather than end results.</i>