

HOW TO MAKE SMART GOALS



SPECIFIC

Be specific. What exercises will you do? Describe exactly the kinds of foods you will limit to eat less sugar.



MEASURABLE

Instead of just resolving to exercise “more”, describe your goal in a way that can be measured, so you will know when it is accomplished.



ACHIEVABLE

Set a goal that is reasonable and improves your odds of success. If your goal is to walk 10,000 steps a day, but your usual daily step count is closer to 2,500, aim for 4,000 steps a day as a starting goal.



RELEVANT

Make sure the goal seems worthwhile to you. You are more likely to achieve a goal that is relevant to things you actually care about.



TIMED

Instead of thinking of your resolution as a permanent change, come up with a finite timeline for accomplishing it.

COMMON RESOLUTION

VS

SMART RESOLUTION

“I WILL EXERCISE MORE”

I will walk 5 days a week after dinner for at least 15 minutes for the month of January.

“I WILL EAT LESS SUGAR”

I will limit my ice cream to one cup, once a week over the next month.

“I’LL EAT HEALTHIER FOODS”

For the next month, I will try the plate method with ½ a plate of veggies 5 days a week.

“I WILL QUIT SMOKING”

I will call the health clinic next week to ask about enrolling in the smoking cessation program.