

Get SMART about your health

What is your goal?

I'm going to eat healthy.



I want to exercise more.



Take your goal from good to great.
Your goal should be...

S **Specific:** Describe exactly what you want to do.

M **Measurable:** If you measure your progress, you can hold yourself accountable and know if you are succeeding.

A **Attainable:** Make sure you have the tools, time and resources you need to achieve your goal.

R **Realistic:** You are more likely to have long-term success with small, achievable goals.

T **Time-bound:** A start date, frequency and deadline are key.

What is your new goal?

Beginning this weekend, I'll fill 2/3 of my plate with fruits and vegetables at every meal, four days a week.



Beginning Monday, I'll do least 30 minutes of activity five days a week.

My SMART Goal(s):
