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):

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**THE UNIVERSITY OF TEXAS MD Anderson Cancer Center**

Making Cancer History®