SMART Goal Worksheet

5, 5	oal, ask yourself: "Why is this behavior change important to me? What is the working toward? How will I feel when I accomplish this?"
ex. 'Spending time with participate in family ac	n my grandchildren is important to me. I want to stay strong and active so I can tivities.'
ly Goal	
Remember , a SMART	goal is:
Specific: Name a specifi	c behavior, like 'include 2 cups of vegetables', instead of 'eat healthier'.
Measurable: Include an week', instead of 'walkin	amount, frequency, or duration to your goal, like 'walking for 30 minutes 3 times per ng more often'.
9	within your control? Pick an action goal. Remember, you can control your actions, ibles), but not outcomes (like losing 15 lbs).
	t are you on a scale of 1-10 that you will be able to achieve this goal? If the answer is ting with a smaller goal.
Time-oriented : Pick a ti Mon/Wed/Fri after work	me to do the planned action, like eating vegetables at dinner time, or walking



My Plan			
a) Is there anything I need to do to prepa	are for my goal?		
ex Make sure I have vegetables available by maki	ing α grocery list, planning α time to shop, looking up recipes, etc.		
	n working on my goal? How will I overcome them?		
Barrier	Solution		
ex. no time to grocery shop	ex. keep frozen veggies stocked at home for busy weeks		
c) When am I going to check in? ex. in 2 weeks. Set a date for yourself to pause and reflect on your progress. If you achieved your goal, take some time to set your next goal. If you didn't completely achieve your goal – don't be discouraged! Ask yourself why. You may need to scale back and start with a smaller goal, or perhaps you need to do a bit more planning. This is an opportunity for reflection and learning!			

