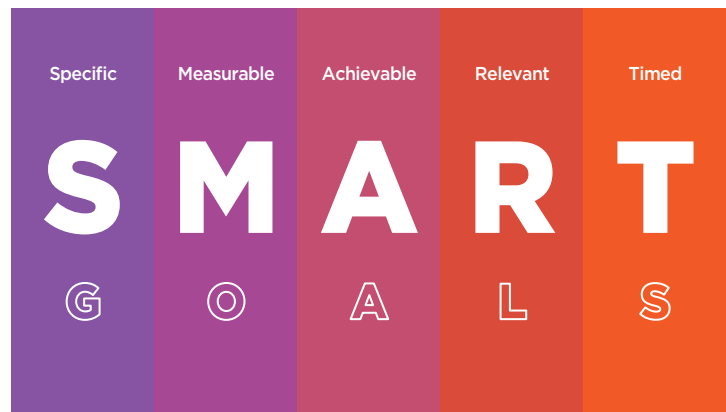


Setting SMART Healthy Lifestyle Goals

Goals are an important component to having a healthy lifestyle because they provide the plan to achieving a healthier version of ourselves. They give us direction, something to work towards and a sense of accomplishment.

There are short-term goals that can be accomplished sooner and long-term goals which take more time. It is important to have both types of goals to guide progress.

Choose goals that you feel are important, within your control, reasonably achievable, and clear. **SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound)** goals will help you create measurable and attainable goals that are relevant to you. See the following example questions, to help you develop your **SMART goals**.



Specific: What, why, how?

- What am I going to do?
- Why is this important now?
- How am I going to do it?

Measurable: How much and how many?

- How much do I have to do?
- How many times do I have to do it?

Achievable: Is this within reach?

- Is this too hard for me?
- Is this too easy for me?

Relevant: Does this make sense?

- Do I have the things I need to work towards this goal?
- Do I have the time?
- Is this something I want to do?

Time-based: What is my timeline?

- When do I want to have this accomplished?
- How do I stay accountable?
- How can I tell if I am still on track?

Tips for Family Members and Parents

- Focus on what you can do instead of what you can't do.
- State what you will do instead of what you will not do.
- Make a visual reminder of the goal and post it in a common area (refrigerator or wall).
- Be very liberal with praise.
- Remain supportive even if the goal is not reached.