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HEALTH GOALS

Setting Your Health Goal

Many people find the acronym **S.M.A.R.T.** is helpful when setting health-related goals. Using this tool as a framework, you can develop goals that are:

- **Specific** – What exactly do I want to do?
- **Measurable** - How much/many do I want to do?
- **Attainable** – How likely am I to accomplish this goal?
- **Relevant** – Does this goal really matter to me?
- **Time-bound** – What is the time frame for me to accomplish this goal?

**S.M.A.R.T.** Goal Examples:

- To help me add more physical activity to my daily routine, I will walk to my office from the Thompson parking lot at least three days per week starting tomorrow.
- To meet my goal of better nutrition, I will eat raw vegetables at lunch and cooked vegetables at dinner every day starting tonight.
- Beginning next week, I will jog on the treadmill for twenty minutes at least three mornings each week before 7:00 AM.
- Over the next two weeks, my goal is to find at least five minutes every day to meditate to help me better manage my stress.

*Feel free to use the space below to write your own personal S.M.A.R.T. goal. It may be helpful to start your goal with "I will..."

I will...__________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

**S.M.A.R.T.** Goal Checklist - My goal is:

- [ ] **Specific**
- [ ] **Measurable**
- [ ] **Attainable**
- [ ] **Relevant**
- [ ] **Time-bound**