**Ready to make a health-related change? Not sure where to start?**

**Having a clearly defined health goal is the first step**

**on the path to successful behavior change.**

***To begin, identify one health-related behavior you would like to change:***

* Improve Nutrition
* Increase Physical Activity
* Improve Sleep Habits
* Reduce Stress
* Improve Work/Life Balance
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***How ready are you to make that change? Circle a number:***

**0--------1--------2--------3--------4--------5--------6--------7--------8--------9--------10**

*Not yet ready* *Just about ready*

***What would it take to move you closer to a 10?***

* More Planning
* Make a Commitment
* Family/Friend Support
* Seek Outside Assistance
* Find More Information
* Other(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***What are the benefits of making this change?***

* Improved Health
* Feel Better
* More Confident
* More Energy
* Less Stress
* Other(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***What are the barriers that may make it difficult to make this change?***

* Not Enough Time
* Lack of Resources
* Too Busy
* No Support
* Don’t Know Where To Start
* Other(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***How will you overcome these barriers and succeed despite them? Use the space below to answer.***

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...\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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