

Name:
Date:



HEALTH GOALS

**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:

- | | |
|---|--|
| <input type="checkbox"/> Improve Nutrition | <input type="checkbox"/> Reduce Stress |
| <input type="checkbox"/> Increase Physical Activity | <input type="checkbox"/> Improve Work/Life Balance |
| <input type="checkbox"/> Improve Sleep Habits | <input type="checkbox"/> 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?

- | | |
|--|--|
| <input type="checkbox"/> More Planning | <input type="checkbox"/> Seek Outside Assistance |
| <input type="checkbox"/> Make a Commitment | <input type="checkbox"/> Find More Information |
| <input type="checkbox"/> Family/Friend Support | <input type="checkbox"/> Other(s): _____ |

What are the benefits of making this change?

- | | |
|--|--|
| <input type="checkbox"/> Improved Health | <input type="checkbox"/> More Energy |
| <input type="checkbox"/> Feel Better | <input type="checkbox"/> Less Stress |
| <input type="checkbox"/> More Confident | <input type="checkbox"/> Other(s): _____ |

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

- | | |
|--|--|
| <input type="checkbox"/> Not Enough Time | <input type="checkbox"/> No Support |
| <input type="checkbox"/> Lack of Resources | <input type="checkbox"/> Don't Know Where To Start |
| <input type="checkbox"/> Too Busy | <input type="checkbox"/> Other(s): _____ |

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

Through Wellness at Dartmouth you have a number of resources available to support and encourage you on the path to achieving your health and wellness goals. To learn more, visit www.dartmouth.edu/wellness.

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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

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