

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](http://www.dartmouth.edu/wellness).

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## 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.

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*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

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