

Dose of Nutrition



S.M.A.R.T GOAL PLANNER

www.doseofnutrition.com

 @adoseofnutrition

What is a S.M.A.R.T Goal? S.M.A.R.T goal setting can turn a general goal ("I want to eat healthy") to a more specific, measurable, achievable, realistic, and timely goal (ex: Starting Monday, I will fill 1/2 my plate of colorful vegetables 2x/day for 30 days"). This type of goal setting allows you to think about all the detailed factors that can help you achieve your overall goals. If a goal is well-defined and includes actionable steps, it can be easier to follow. Once you create a S.M.A.R.T goal, you can assess and adjust the goal through the year. Feel free to add on to the current goals or create new ones once you achieve them!



S

**Make it
Specific**

- What do I want to accomplish?
- Why do I want to accomplish this?
- What are the requirements?
- What are the constraints?

M

**Make it
Measurable**

- How will I measure my progress?
- How will I know when the goal is accomplished?
- Create a target(consider how much, how often, how many)

A

**Make it
Achievable**

- How can the goal be accomplished?
- What are the logical steps I should take?
- Do you have the skills, tools, resources to achieve the goal?

R

**Make it
Realistic**

- Is this a worthwhile goal?
- Is this goal in line with my long term objectives and values
- Consider your current circumstances, schedule, environment.

T

**Make it
Timely**

- How long will it take to accomplish this goal?
- When am I going to work on this goal?
- Assess and adjust

Record your responses to the questions above in the text boxes below. Don't forget to think about all the details and actionable steps that can help you achieve your goals. For example, if your overall goal is to lose weight or eat healthy, think about all the small steps and behavior changes you need to make to get to your end goal.



S

**Make it
Specific**

M

**Make it
Measurable**

A

**Make it
Attainable**

R

**Make it
Realistic**

T

**Make it
Timely**

Once you have the underlying principles of SMART goals in mind, you can assess your current goals or intentions to see if they include the S.M.A.R.T goal characteristics. For example, if you want to increase physical activity, you can set a goal: "Starting Monday, I want to walk during my work break for 15 minutes at least 3 times a week for 3 weeks." If you are usually sedentary or have a busy schedule, setting a goal to exercise 5 times a week for 30 minutes can be unrealistic. This goal example is specific, achievable, and has measurable outcomes.

Other examples of S.M.A.R.T goals include:

- If you want to eat more fruit: "Starting Saturday, I will eat one piece of fruit at breakfast 3 times a week for 2 weeks."
- If you are just starting to eat more vegetables: " I will eat 1 vegetable serving with lunch 5 times a week for 2 weeks"
- If you are trying to eat less fast food: "Starting Sunday, I will prep a lunch for 2 days this week instead of stopping at the fast food restaurant"
- If you are trying to reduce soda intake: " Starting tomorrow, I will replace 1 soda serving with a glass of water every day for 2 weeks"

Once you achieve your initial S.M.A.R.T goal, you can assess, adjust, and add on to your current goals or create a new one. For example, if you achieve your goal of packing a lunch 2 times a week, you can increase your goal to packing a lunch 3 or 4 times a week.

You can use the daily plan page to take notes on daily habits, tasks, behavior changes that can help you work on your S.M.A.R.T goal. You can print duplicates of that page if you'd like!

DAILY PLAN



TODAY'S SCHEDULE

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
6-7 PM	
7-8 PM	
8-9 PM	

FOR TOMORROW..

DATE

TOP PRIORITIES

-
-
-
-

TO DO LIST..

-
-
-
-
-
-
-
-
-

NOTE..