

Goal Planner

Transforming a general goal like "I want to eat healthy" into a S.M.A.R.T goal makes it specific, measurable, achievable, realistic, and timely. For example, instead of a vague aim, set a goal such as "Starting Monday, I will fill half my plate with colorful vegetables twice a day for 30 days." This method helps you focus on detailed factors that contribute to achieving your overall goals. Well-defined goals with actionable steps are easier to follow, allowing for continuous assessment and adjustments throughout the year. Feel free to expand on your current goals or create new ones once you achieve them!

What S.M.A.R.T goal will you set to kickstart your health journey?

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

Let's get started!

Once you understand the principles of SMART goals, you can assess your current goals or intentions to ensure they meet the SMART characteristics. For example, if you want to increase physical activity, set a goal like: "Starting Monday, I will 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, aiming to exercise 5 times a week for 30 minutes might be unrealistic. This example goal is specific, achievable, and has measurable outcomes.



Dive into some examples:

- 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.

Let's Start

SETTING YOUR GOALS

You can use this page to start planning your goals.
Feel free to print multiple copies of the page if needed!  

#1 S.M.A.R.T GOAL

ACTION PLAN

○

#2 S.M.A.R.T GOAL

ACTION PLAN

○

#3 S.M.A.R.T GOAL

ACTION PLAN

○

