

Writing SMART Goals

Assessing Your Readiness for Healthy Change

Use this example as a guide to help you break down your long-term outcome goals into specific, measurable, attainable, relevant, and time-bound (SMART) behavior goals.

Most people start with an outcome goal. An example of an outcome goal is: **"The overall goal I want to reach is to live healthier and lose two inches around my waist."**

To reach an outcome, you must have behavior goals. For example: **"I want to walk five days a week for 30-60 minutes a day."**

The chart below shows a brainstorming process to break the behavior goal down to a weekly SMART goal.

This is an example of what the final weekly SMART goal might be: **"This week I will walk 15 minutes a day at a brisk pace for three days."**

Goal Component	Example
<p>SPECIFIC</p> <p>What, when, where, and how will the behavior be done?</p>	<p><i>I want to walk regularly (at least five days a week) in the morning to help me reduce inches around my waist.</i></p>
<p>MEASURABLE</p> <p>How much, how many, and/or how often will you do the behavior?</p>	<p><i>I want to walk 30-60 minutes a day at a brisk pace five days a week.</i></p>
<p>ATTAINABLE</p> <p>What are your steps to meet or reach your goal? Set your goal low enough to be reached but high enough to be a challenge?</p>	<p><i>I will start walking 15 minutes a day for three days a week and work up to 30 minutes a day for five days a week. Seven days might be too high (no room for unexpected events or illness). One day is too low and not enough to help me lose inches.</i></p>
<p>Relevant</p> <p>Is it the right behavior goal to help you meet your overall outcome? Is it a good time in your life to be setting this goal?</p>	<p><i>Now that my children are back in school and the holidays are over I can start walking in the morning.</i></p>
<p>TIME-bound</p> <p>Make sure your goal includes a specific time frame in which you will achieve it.</p>	<p><i>I will increase my time each week by five minutes until I reach 30 minutes a day. I will add an extra day every two to four weeks until I reach 30-60 minutes for five days a week.</i></p>

Now it is your turn. Write and track your weekly SMART goal.