



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE STEPS TO A HEALTHIER YOU

We all have a long-term goal we want to achieve—lose weight, eat healthier, exercise more. To make reaching these long-term goals easier, it’s important to make small changes by setting short-term SMART goals. A SMART goal helps you succeed for these reasons:



It’s Specific

Don’t be ambiguous! Make your goal as clear as possible.



It’s Measurable

Set a goal that can be evaluated based on an attribute that can be measured (e.g., two times, every day, etc.).



It’s Appropriate

Relate your SMART goal to your long-term goal.



It’s Realistic

Set yourself up for success by setting goals that can be achieved.



It’s Timely

Associate a finite amount of time with your SMART goal (e.g., this week, tomorrow, etc.).

EXAMPLES To get a better sense for what a SMART goal is, compare the examples below:

Not SMART goals

“Incorporate more vegetables into my diet.”

“Increase amount of walking next week.”

“Ride the stationary bike as often as I can.”

SMART goals

“Eat six vegetables every day next week.”

“Walk to work three times next week.”

“Ride the stationary bike for 20 minutes three times next week.”

VERIFY THAT YOUR SHORT-TERM GOAL IS SMART

GOAL: _____

Specific: What exactly will you accomplish?

This goal is important to me because:

Measurable: How will you know when you have achieved the goal?

Potential Obstacles and Solutions

Appropriate: How will the short-term goal help you reach your long-term goal?

Realistic: Do you have the resources to achieve the goal? If not, how will you get them?

Who will you ask to help you?

Timely: By when will you achieve the goal?

