



# PORTAGE COUNTY CAN

*eat smart. move more. feel better.*

## S.M.A.R.T. Goal Worksheet

### What is a S.M.A.R.T. goal?

**Specific and Simple:** You're more likely to achieve a specific goal focusing on one thing. Ask yourself, "What exactly do I want to accomplish?" Answer the Who, What, Where, When, and Why of your goal.

**Measurable:** If you can't measure your goal, you won't know when you've achieved it! Ask yourself, "How will I know I've accomplished my goal?"

**Attainable:** Your goal should be realistic but not so easy that it is meaningless. Also consider whether you have everything you need to achieve the goal. If not, how will you get it?

**Relevant:** You're unlikely to achieve your goal if it is not important to you and relevant to your long-term vision for yourself. Ask yourself, "Why is this important to me?"

**Time-bound:** Set a time frame for your goal. A time frame helps you set markers and creates a sense of urgency.

### EXAMPLES

**Nutrition goal:** I will eat 3 servings of vegetables on at least 5 days during the week. I will keep a log to track the number of servings I eat every day. I will do this for one month and then re-evaluate. This is important to me because I want to eat less sugar and I can replace sugary snacks with vegetable snacks.

**Fitness goal:** I will work out by lifting weights 3 days per week on Tuesdays, Thursdays, and Saturdays at the gym. I will do this in the morning and will pack my gym clothes the night before. I will keep an exercise log for 12 weeks to track the days I lift weights. This is important to me because I want to become stronger so I can play with my kids outside longer.

Use the space below to write your S.M.A.R.T. goals! Start with one or two goals and don't move on to the next one until you have achieved and mastered your original goal or goals.

## My S.M.A.R.T. Goals:

ONE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TWO: \_\_\_\_\_

\_\_\_\_\_

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