
How to Set a SMART Goal

“SMART” stands for Specific, Measurable, Action-Oriented, Realistic and Timed

- **Tips for setting SMART goals**
 - To increase the odds of success, it is better to break a general goal down into smaller goals that are easier to reach.
 - The more detail the better.
 - Example: “I will eat more fruit” is very vague. A more detailed goal that includes all SMART elements is “Starting on Monday, April 1st, I will eat 3 different colored fruits or vegetables and keep doing that every Monday through Friday.”

I will....

Write Your Goal Below:

1. Things that might get in my way: (Example: limited time)

2. What I can do to overcome these things: (Example: plan ahead/meal prep)

3. I believe I can reach my goal: (Circle the number that matches how confident you feel.)

1 2 3 4 5 6 7 8 9 10
Not at All Sure Somewhat Sure Very Sure