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	