What is a S.M.A.R.T

S

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Specific: A specific goal has a much greater chance of being accomplished than a general goal. A specific goal usually answers the 5 W's: **Who**, **What**, **Where**, **When** and **Why.**

Measurable : To determine if your goal is measurable, ask yourself: How will I know when it is accomplished?

Attainable: Your goals should be neither out of reach or easy to accomplish because you do not want them to be meaningless. They should be realistic and attainable but may also put you outside of your comfort zone.

Realistic: Your goal is likely realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

Timely: A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. A time frame will also allow you to set markers for incremental check-ins. This will help you stay on track and gauge your progress.

Below are examples of SMART goals for four focus areas in health improvement. These examples are to help you see how a goal can become less vague and more specific by using the SMART tool.

Nutrition	Joyful Movement
• I will eat 5 servings of fruits and vegetables daily for at least 4 days per week on Mondays, Tuesdays, Thursdays and Fridays. • I will drink at least 64oz of water per day at least 5 days per week. I will drink a glass of water before drinking anything else; furthermore I will have water with every meal.	• I will work out by doing strength training 3 days per week on Mondays, Wednesdays and Fridays at the gym. I will do this after work from 5:45pm-6:30pm and will pack my gym clothes with me and bring them to work. • I will walk with my family after dinner 4 days per week. We will clean –up after dinner then go for a 15 minutes walk in our neighborhood Monday– Thursday.

Health Indicators	Life Balance
• To protect my skin from the sun all year long, I will find a sunscreen that works for me and purchase it. I will keep it next to my toothpaste in the bathroom so I don't forget. • I will use sunscreen every morning 10-15 minutes before going outside and wear my sun glasses and hat whenever possible.	• I will take one hour for myself every evening of the work week to turn off my work phone and computer. During this time, I will spend time with my family by playing games, talking or going for a walk. • On Saturday mornings, I will wake up before everyone else, so I have 2 hours of me time where I will do an activity that makes me happy like needlework, reading a book or taking a bath.

My SMART Goal Worksheet

My SMART Goal:

_____

_____

_____

Ask yourself– is it:

❑ Specific   ❑ Measureable   ❑ Attainable   ❑ Realistic   ❑ Timely

The barriers I may encounter:

_____

_____

_____

_____

How I will overcome those barriers:

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_____

_____

Who will I enlist as my support:

_____

_____

_____

They will help me with:

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_____

When I accomplish this goal I will reward myself with:_____

SAMPLE

My SMART Goal: *I will add joyful movement to my routine for two weeks starting March 31, 2014 by strength training 4 days per week at the gym and running 3 days per week outside. I will workout Monday– Thursday and will run on Monday, Wednesday and Fridays.*

Ask yourself– is it:

☑ Specific   ☑ Measureable   ☑ Attainable   ☑ Realistic   ☑ Timely

The Barriers I may encounter:
It will be hard to get up early in the morning.

I may not want to run after work if it has been a long day.

How I will overcome those barriers:
I will get to bed early, set my alarm and put my clothes out the night before.

I will ask my neighbor to be my running partner so that I am held accountable

Who will I enlist as my support:
Karen (my roommate)
Matt (my best friend)

They will help me with:
Keeping me accountable to run 3 days per week.
He will help me get out of bed in the mornings.

When I accomplish this goal I will reward myself with: a new pair of running shoes.

Sources:

Adopted from Pacifici Source Health Plans

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http://www.mayoclinic.com/health/dash-diet/HI00047