



Your health goals

Setting goals is important and plays a large role in defining success.

They help you stay motivated and keep you on track. Many people set professional, social, family and financial goals. But they often forget to set goals about a very important aspect of life — their health.

The **SMART** method can help you set clear goals that are right for you.

- S****pecific:** What actions are expected? Target an area for improvement such as losing weight, eating healthier, etc.
- M****easurable:** How will you know if you achieved your goal? Make sure your goal is clear and easy to track for progress. Define the goal with a metric. Examples include losing 20 pounds, averaging 90 minutes of aerobic exercises each week, running a 5K, losing two inches around your waist or eating five servings of fruits and vegetables every day.
- A****chievable:** Is it realistic? Make sure you have the proper knowledge, physical ability and resources to reach the goal. Losing 20 pounds in four months is realistic; losing 20 pounds in a month is probably not. Only you can decide.
- R****elevant:** Why do you want to achieve this goal? You may want to look and feel better, be more active or improve your focus at work. Everyone has their own reasons.
- T****imely:** Timely: When will you reach your goal? Specify when you expect to realize your results. Again, be realistic when you set a timeline to achieve your goal, but give yourself deadlines that will challenge you.

To help you write and organize your goals, fill out the form on the following page. Be sure to keep track of your progress. We recommend that you check in every three weeks and adjust your goals if necessary.

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What is your goal? Be specific and make sure it's measurable.

What type of goal is this? *Check one.*

- Long-term (more than one year) Short-term (less than one year)

What is the category of this goal? *Check one.*

- Diet
- Physical strength
- Cardiovascular
- Weight
- Other. Describe.

What strategies will you use to achieve your goal?

What are the challenges you'll face?

Who will help you achieve your goal? Spouse, family member, co-worker, friend, personal trainer, etc.

What's your personal deadline for this goal?

Did you achieve this goal? *Check one.*

- Yes.** What helped you achieve it?
- No.** What can you do differently next time?