

## S.M.A.R.T Goals worksheet

Having a vague goal like 'eat healthy' or 'exercise more' can end in frustration, because there is no clear starting point, no way to evaluate the feasibility of the goal, and no way to know if you've succeeded

Using the S.M.A.R.T goals checklist can help us establish goals which can act as "checkpoints" along the way to establishing the ultimate goal – being content and empowered around food

These goals are;

**S - Specific**

**M - Measurable**

**A - Attainable**

**R – Realistic**

**T – Time-Bound**

**Is your goal specific?** The first step in developing a good habit/goal is to describe exactly what that new habit/goal will be. Instead of saying you will eat more vegetables and fruits, your goal might be to fill 2/3 of your plate with non-starchy vegetables and fruits at each meal.

**Is your goal measurable?** Measuring your progress and holding yourself accountable along the way will help keep you on track. An online or paper journal is a great way to monitor your progress. Monitoring doesn't always have to be quantitative either and data doesn't always paint the whole picture; that's why I'd like for us to keep a journal to reflect on how we feel, things we've noticed, wins outside of the gym and unrelated to our physique.

If you want to be more active, you might set out to walk for at least a half hour, five days a week, and write down your activity each day to track your progress. If you want to increase your daily steps, a simple step counter can tell you how you are doing.

**Is your goal attainable?** Make sure you have the tools, information and resources you need to reach your goal. If a gym membership is out of your budget, a walking program like the one described above may be a better option for a fitness goal.

**Is your goal realistic?** Setting a goal that is realistic can help avoid setbacks and false starts. For example, if you know you hate to run, training for a marathon may not be realistic.

Aim for something challenging but not impossible. You can always adjust the goal later if it's too easy. Long-term behaviour change is more likely if you start small.

**Is your goal time-bound?** Goals without starting points and deadlines are easier to put off. Spell out when you are going to begin your new behaviour or activity and how often you are going to do it. If you want to improve your diet, a goal could be to substitute plant-based protein for meat three meals a week beginning this Sunday.

<b>INITIAL GOAL</b>	Write the goal you have in mind
<b>S SPECIFIC</b>	What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?
<b>M MEASURABLE</b>	How can you measure progress and know if you've successfully met your goal?
<b>A ACHIEVABLE</b>	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?
<b>R RELEVANT</b>	Why am I setting this goal now? Is it aligned with overall objectives?
<b>T TIME-BOUND</b>	What's the deadline and is it realistic?
<b>SMART GOAL</b>	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed