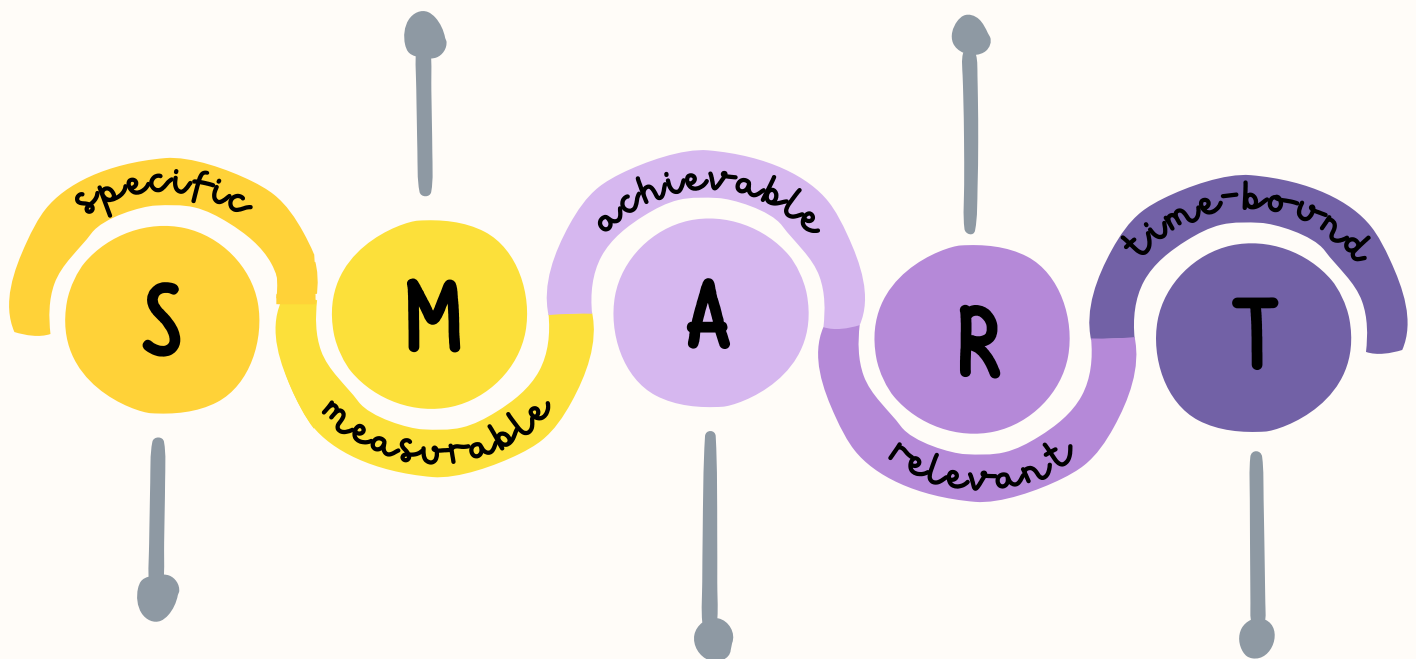


# SMART Goals

Setting goals is an essential part of achieving success, but not all goals are created equal. The SMART goal-setting framework can help you create goals that are specific, measurable, achievable, relevant, and time-bound. By using this approach, you can create goals that are more focused and achievable, leading to greater success in reaching your desired outcomes.

A goal should be measurable, meaning you can track your progress towards achieving it. This allows you to see how far you've come and what you still need to do to reach your goal.

Goals should be relevant to your overall objectives and priorities. When setting a goal, ask yourself if it aligns with your values and what you want to achieve.



When setting a goal, it's important to make it as specific as possible. This means defining what you want to achieve in clear and concise terms. Instead of setting a vague goal.

Goals should be achievable, meaning they should be realistic and within your reach. While it's important to challenge yourself, setting goals that are too difficult or unrealistic can lead to frustration and disappointment.

Goals should be time-bound, meaning they should have a specific deadline for completion. This helps create a sense of urgency and accountability, making it more likely that you'll achieve your goal.

# SMART Goals



Setting SMART goals can help you make lasting lifestyle changes. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

Here are some examples of SMART goals for exercise and nutrition:

## **Exercise Goal Example:**

Specific: "I will walk for 30 minutes every day after dinner."

Measurable: "I will track my steps using a pedometer or smartphone app and aim to increase my step count by 10% each week."

Achievable: "I will start by walking for 10 minutes after dinner and gradually increase the duration and frequency of my walks over time."

Relevant: "I want to improve my overall health and manage my diabetes through regular exercise."

Time-bound: "I will walk for 30 minutes every day after dinner for the next 4 weeks."

## **Nutrition Goal Example:**

Specific: "I will eat 3 servings of vegetables at dinner every night."

Measurable: "I will track my daily vegetable intake using a food diary and aim to increase my daily servings by one each week."

Achievable: "I will start by adding one serving of vegetables to my dinner each night and gradually increase my intake over time."

Relevant: "I want to improve my overall health and manage my diabetes through healthy eating habits."

Time-bound: "I will eat 3 servings of vegetables at dinner every night for the next 4 weeks."

Remember, everyone's goals and needs are unique. Work with your healthcare team, including your registered dietitian and health coach, to develop personalized goals that meet your individual needs and preferences. With clear, achievable goals and a realistic plan, you can make lasting lifestyle changes and improve your overall health and wellbeing.