

SMART Goal Setting

Setting lofty or unrealistic goals can lead to disappointment. Setting SMART goals will increase the likelihood of success in meeting those goals. Refer to the table below for what makes a goal a SMART goal.

- **Specific** The 5W's (Who/What/Why/Where/When)
- **Measurable** How you will determine progress (metrics to be assessed how much/many/often)?
- **Action-Oriented** What actions will you take?
- **Realistic & Relevant** Are they realistic actions/metrics?
- **Timebound** Set a timeline to achieve your goal

It is also helpful to include someone who can help you stay accountable for your goal.

Here are a few examples:

- Beginning October 1st, I will prepare at least 3 plant-based meals a week on Monday, Wednesday and Thursday for 4 weeks so that I will decrease my consumption of processed foods and increase veggie consumptions by the end of the month. My partner will help me and hold me accountable for this goal.
- Beginning on January 1st, I will complete a 7-day cleanse on the first week of every season. Martha will do the cleanses with me and support me in this goal for the year.
- Today I will begin to walk everyday for 60 minutes for one month in my neighborhood after work. If the weather is not conducive, I will use the treadmill at home. I will measure my success with my fitness band and the app. My daughter will check in with me weekly to help keep me on track.

My GOAL:
