

S.M.A.R.T. Goals Worksheet

Did you know that you are more likely to achieve your goals if you break them down into smaller, more achievable goals? Aim for S.M.A.R.T. goals:

- (S) Specific
- (M) Measurable
- (A) Achievable
- (R) Relevant
- (T) Timely

When you make a goal for yourself, assess whether you will meet that goal. Ideally, you'd feel 70- 90% confident that you can reach the goal you set for yourself. If you are less than 70% confident, then this goal may be too lofty and needs to be lowered. If you are greater than 90% confident, you might ask yourself if you are “pushing the envelope” enough. Try filling out the attached form to help you determine your S.M.A.R.T. Goals.

S.M.A.R.T. Goals	
(S) Smart	Who is involved? What do I want to accomplish? When will I do it? Why do I want to reach this goal? How will I do it?
(M) Measurable	How much? How many? How will I know when it is accomplished and time to move to the next step?
(A) Achievable	How can I accomplish this goal? Is the goal realistic? Do I have the knowledge, skills, abilities, resources needed to achieve this?
(R) Relevant	Why is this goal important to me? Does it support my overall health goals? How will I feel or what will I attain if I achieve this goal?
(T) Timely	When will I complete my goal? What are my daily or weekly milestones to know I'm on track?

Example Worksheet

- Rough Draft of Goal

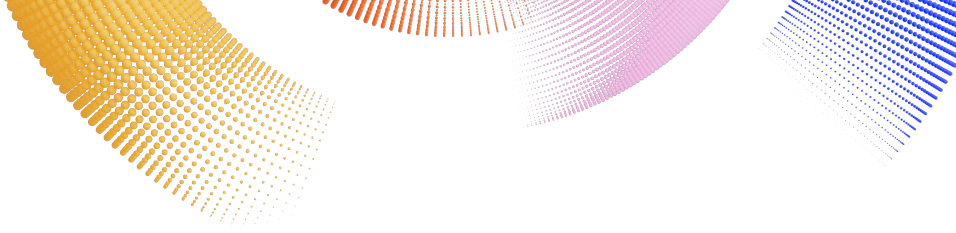
“I want to eat more fiber”

- Make it a S.M.A.R.T. Goal!

(S) Smart	I want to eat more fiber. This will help me have more regular bowel movements. I want to take advantage of my dietitian for meal ideas. Fiber is found in whole grains, fruits, vegetables, legumes, nuts, and seeds.
(M) Measurable	I currently eat 1 serving per day, 3 days per week of whole grains. I will aim for 2 servings per day 5-7 days per week to start.
(A) Achievable	I'll need to talk to my dietitian to get some ideas. I might need to learn some new cooking techniques. I know I need to eat about 3 servings per day, but based on my current intake, this isn't achievable, so I'll aim for 2 servings.
(R) Relevant	Increasing my whole grains intake will help me with my overall goal of eating more fiber which may help my constipation.
(T) Timely	Increasing my whole grains intake will help me with my overall goal of eating more fiber which may help my constipation.

- Final Draft of Goal

I will eat 2 servings (1/2 cup each) of whole grains
5 to 7 days per week for the next 2 weeks.



Your Worksheet

- Rough Draft of Goal

- Make it a S.M.A.R.T. Goal!

(S) Smart	
(M) Measurable	
(A) Achievable	
(R) Relevant	
(T) Timely	

- Final Draft of Goal