



# Goal Setting



Every week I should set my food and physical activity goals to help me stay on track. While I know that I want to lose weight and exercise more, I understand those goals don't tell me what I need to do to achieve them. SMART goals will allow me to be successful. SMART goals are:

**Specific** My goal should spell out exactly what I need to do throughout the week.

**Measurable** I should be able to look at my progress at any time and tell if I am on track.

**Adjustable** I should have a list of ways I can adjust my goal through the week if I'm not on track.

**Realistic** My goal should be something that I can achieve with the resources that I have.

**Time** I should decide exactly when I need to do the activities necessary to achieve the goal.

Choose goals that can be done regularly and will last over time.

Come up with a goal to try:

Starting \_\_\_\_\_, for \_\_\_\_\_,  
*(date)* *(length of time)*

I will \_\_\_\_\_ on  
*(action plan)*

\_\_\_\_\_ and measure my  
*(specific time)*

progress by \_\_\_\_\_.  
*(how will I track it)*

My plan is adjustable, if needed by \_\_\_\_\_.

If I accomplish this goal, I will reward myself with \_\_\_\_\_.

**What do I need to change in my life to make sure I accomplish this goal?**



## Sample Weekly Goal.

First, write out what goal I would like to work on through the week:

Starting today, for one week,  
(date) (length of time)

I will eat 2 servings of vegetables each day on  
(action plan)

7 days a week and measure my  
(specific time)

progress by keeping a food diary.  
(how will I track it)

My plan is adjustable if needed by having 3 servings some days.

If I accomplish this goal, I will reward myself with visit to Museum of Art.

Then describe exactly what I need to do to achieve my goal:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Vegetables	Lunch: carrots with hummus Dinner: side salad with spinach	Dinner: roasted cauliflower and broccoli	Lunch: red pepper and cucumber in wrap Dinner: green beans	Breakfast: spinach and tomatoes in omelet Lunch: side Caesar salad with romaine lettuce	Dinner: grilled vegetable kebabs with peppers, mushrooms and onions	Lunch: shaved Brussel sprouts in salad Dinner: roasted asparagus	Dinner: sautéed zucchini and squash