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 ___________________________________________________

(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 \textit{today}, for \textit{one week},

I will \textit{exercise for 150 minutes} on \textit{30 minutes Monday-Friday} and measure my progress by \textit{logging all activity on my calendar}.

My plan is adjustable if needed by \textit{being active on weekends if I miss}.

If I accomplish this goal, I will reward myself with \textit{a new magazine}.

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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>Strength train with friend</td>
<td>Couch to 5K</td>
<td>Walk my dog</td>
<td>Jog with running club</td>
<td>Water aerobics</td>
<td>Zumba class—if missed days during week</td>
</tr>
<tr>
<td>Location</td>
<td>School gym</td>
<td>Walking trail</td>
<td>Dog park</td>
<td>Local fitness center</td>
<td>YMCA gym</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>30 min.</td>
<td>30 min.</td>
<td>30 min.</td>
<td>30 min.</td>
<td>30 min.</td>
<td>60 min.</td>
</tr>
</tbody>
</table>
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 (specific time) and measure my 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:

|-------|-----------------------|-------------------------|------------------------|-------------------------|-----------------------------|-----------------------------|-----------------------------|