

GOALS

In order to successfully meet your goals, they should be specific, achievable and measurable. Here are few tips to help you set your goals:

- **Be Realistic**
 - Set goals that are reachable. Once you achieve a goal, set another one.
- **Check In**
 - Once you decide on your goals, schedule check points to analyze how you are meeting those goals.
- **Social Support**
 - Get connected. Motivate and encourage each other. Determine who else will be supportive (spouse, family, friends, co-workers.) Enlist them to help you stay on track.
- **Write Them Down**
 - Place them in prominent places so they will be constant reminders of where you want to be.
- **Gradual Programming**
 - Start slowly and gradually increase both frequency and intensity. Work up to your goals gradually and add different activities to keep you motivated.
- **Reward System**
 - Each time you meet a goal, treat yourself to a new article of clothing, a night out to the movie, or something that will motivate you.
- **Self-Monitoring**
 - Accept small gains from your goals. Do not expect rapid change. Making progress toward your goal will encourage you to maintain the program.
- **Enjoy**
 - If you are bored or not happy with your program, add an activity that is fun for you.

Process goal (how you are going to achieve your long and short term goal.)

Ex: Meal prep on Sunday for 4 lunches out of the week.

Short term goal (achievable in 1-3 weeks.)

Ex: Feel better physically and mentally from not eating processed meals.

Long term goal (achievable in 9-12 weeks.)

Ex: Lower my body fat percentage by 2%. Lose 15 pounds. For my clothes to fit better.

S.M.A.R.T. GOALS

Setting S.M.A.R.T. Goals...

Specific

- What: What do I want to accomplish?
- Why: Get specific with reasons, purpose, and benefits
- When: What is your time constraint?

Measurable

- How Much? How Many?
- How will I know when my goal is accomplished?
- Make sure to have concrete criteria

Attainable

- How can this goal be accomplished?
- Not attainable? Break it down even more!!
- Every goal is attainable there may just be more steps!

Relevant

- Does this goal correlate your efforts/needs?
- Does this goal fit your current life?
- Is this goal something you're willing to change right now?

Time Bound

- When?
- Make sure it has an end point
- How much time am I giving myself to complete this goal?

- **Process goal** (Ex: Exercise an average of three days per week)

Yours: _____

Date Achieved: _____

- **Short-term goal** (Ex: Be able to run a half-mile by the end of next month)

Yours: _____

Date Achieved: _____

- **Long-term goal** (Ex: Be able to run a mile in under 10 minutes in 9 months)

Yours: _____

Date Achieved: _____

- **Nutrition goal** (Ex: Eat 1 more fruit and 1 more vegetable everyday)

Yours: _____

Date Achieved: _____