

## SMART GOALS GUIDE

Use as a Practice Guide When Assisting Patients with Goal Setting related to Health Behavior Change.

<b>SPECIFIC</b>	<ul style="list-style-type: none"> <li>• What exactly needs to be accomplished?</li> <li>• Who else will be involved?</li> <li>• Where will this take place?</li> <li>• Why do I want to accomplish this goal?</li> </ul>
<b>MEASURABLE</b>	<ul style="list-style-type: none"> <li>• How will I know I've succeeded?</li> <li>• How much change needs to occur?</li> <li>• How many accomplishments or actions will it take?</li> </ul>
<b>ATTAINABLE</b>	<ul style="list-style-type: none"> <li>• Do I have, or can I get, resources needed to achieve the goal?</li> <li>• Is the goal a reasonable stretch for me? (Neither out of reach or too easy)</li> <li>• Are the actions I plan to take likely to bring success?</li> </ul>
<b>RELEVANT</b>	<ul style="list-style-type: none"> <li>• Is this a worthwhile goal for me now?</li> <li>• Is it meaningful to me – or just something others think I should do?</li> <li>• Would it delay or prevent me from achieving a more important goal?</li> <li>• Am I willing to commit to achieving this goal?</li> </ul>
<b>TIMEBOUND</b>	<ul style="list-style-type: none"> <li>• What is the deadline for reaching the goal?</li> <li>• When do I need to take action?</li> <li>• What can I do today?</li> </ul>

### Comparison Examples of Simple Goals vs Focused SMART Goals:

SMART Goal Setting	SIMPLE GOAL	SMART GOAL
<b>Specific</b> – well defined so that anyone can understand the goal	I want to improve my health.	I will improve my health by eating 60 grams of protein & drinking 2 liters of water every day.
<b>Measurable</b> – need to have parameters to know if the goal was achieved	I want to lose weight.	I will lose 5 lbs. by October 41 by increasing my activity level and decreasing my calorie intake.
<b>Attainable</b> – must be a realistic goal that challenges you	I want to eliminate sugary drinks from my diet.	I will gradually reduce my sugary drink consumption every week in order to eliminate my consumption.
<b>Relevant</b> – make sure the goal is consistent with your other goals and will assist you in achieving your long term goal	I want to change my lifestyle.	I will improve my lifestyle by making more conscious food choices at every meal by focusing on protein and vegetables.
<b>Time-Orientated</b> – create a timeframe for when you want to accomplish your goal	I want to be at my ideal weight.	I will achieve my ideal weight by December 31.