

Use this simple form to set your **SMART** goals! Hang this in a visible location, give yourself permission to modify your goals, most importantly let others support you on your journey!

Long-term **SMART** goals are those *specific, measurable, attainable, relevant, and time-bound* goals that you hope to have achieved in the next 6 months to one year and beyond. These are the goals that you will make slow and steady progress towards achieving each time you achieve your short-term **SMART** goals. The short-term goals are measured in days, weeks, and months.

EXAMPLE: I am going to eat at least seven servings per day of fruits and vegetables by the end of summer.

EXAMPLE: I am going to lose 30 pounds in the next year by exercising at least 20 minutes most days of the week and only eating a dessert once per week.

EXAMPLE: I am going to break the cycle of emotional eating by eating every meal at the kitchen table without distraction

LONG TERM GOAL

#1 My Nutritional Goal:

#2 My Physical Activity Goal:

#3 My Behavioral Goal:

SHORT TERM GOAL

#1 My Nutritional Goal:

#2 My Physical Activity Goal:

#3 My Behavioral Goal:

