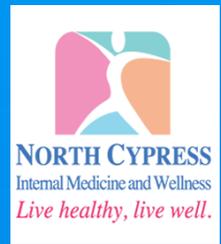# Make it work with a SMART goal

I will work out more and I will eat less unhealthy snacks!
We all know those kind of goals. They tend to come and go without much effect in the long run. Is it really just "willpower" that makes us stick to healthy goals!? Let's be smart about and follow a few easy steps to make those new healthy habits into a lasting healthy SMART goal!

By making it as specific as possible the more likely it will stick and has a sustainable effect on our healthy lifestyles!

Specific — What EXACTLY is it you want to do or NOT DO. "more" and "less" have a lot of room to find excuses

Measurable — HOW do you know you REACHED your goal?

Attainable — Can you CONTROL it and is it FEASAIBLE?

Realistic — It is realistic in CONCERN to your timeframe?

Time-bound — WHEN exactly will you do it and HOW LONG?

Create your SMART goal!

- Pick your new health goal. We will follow with the **example to "exercise more"**
- SPECIFIC: For exercising I want to go <u>for runs or walks</u> and do my <u>body strengthening video</u>.
*Specifically your goals includes:*_____

- MEASURABLE: I want to go <u>for 30min walks</u> and do the <u>entire video</u>.
I measure my goal with: _____

- ATTAINABLE: Both exercises <u>are attainable because I make time</u> by replacing one hour of watching TV with exercising
*Your goal is attainable because:*_____

- REALISTIC: Since I have not worked out in a while I will <u>start with fast 30min walks rather than running</u> and work from there.
*I break it down to realistic steps with:*_____

- TIME-BOUND: I will go for <u>30 min walks on MO/WE/FR</u> and will do the entire workout video on <u>TU/TH</u>. I will do these new exercises <u>over the next 2 months.</u>
*You will do it when?*_____