**Health and Wellness Goals**

***I make choices each day that take me further along the path to enjoying wellness.***

**My Wellness Goal is**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Positive benefits I will gain by reaching my goal:*

**To improve my health and achieve my wellness goal I am willing to take the following step(s):**

**1.**

**2.**

**3.**

**Dietary commitment:**

Foods to include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Water: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foods to reduce or substitute: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*The positive benefits I will gain are:*

**Activity or exercise choice:**

Type: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often and how long: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*The positive benefits I will gain are:*

**Self Care:**

Relaxation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Personal time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*The positive benefits I will gain are:*

**SMART Goal Setting**

**The criteria for a SMART goal:**

|  |  |  |
| --- | --- | --- |
| **S** | **=** | **Specific** |
| **M** | **=** | **Measurable** |
| **A** | **=** | **Attainable** |
| **R** | **=** | **Realistic** |
| **T** | **=** | **Timely** |

**Specific**

* Need to be straightforward, clear and easy and emphasize what you want to happen
* Are the What, Why, and How of the SMART model:
* WHAT are you going to do? Use action words such as direct, organize, coordinate, lead, develop, plan, build etc.
* WHY is this important to do at this time? What do you want to ultimately accomplish?
* HOW are you going to do it? (By…)
* Example: “I walk 5 miles three times a week at an aerobically challenging pace.”

**Measurable**

* Choose a goal with measurable progress, so you can see the change occur.
* Establish concrete criteria for measuring progress. When you measure your progress, you stay on track, reach your target dates, and experience sense of achievement.
* Example: “I want to read 3 chapter books of 100 pages on my own before my birthday” shows the specific target to be measure. “I want to be a good reader” is not as measurable.

**Attainable**

* Goals you set which are too far out of your reach, you probably won’t commit to doing.
* Need to stretch you slightly so you feel you can do it and will need a real commitment
* The feeling of success, which this brings, helps you to remain motivated
* Example: if you aim to lose 20lbs in one week, we all know that isn’t achievable. But setting a goal to lose 1lb and when you’ve achieved that, aiming to lose a further 1lb, will keep it achievable for you.

**Realistic**

* Realistic means “do-able.”
* Devise a plan or a way of getting there which makes the goal realistic.
* The goal needs to be realistic for you and where you are at the moment.
* Be sure to set goals that you can attain with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren’t very capable. Set the bar high enough for a satisfying achievement!
* A goal of never again eating sweets, cakes, crisps and chocolate may not be realistic for someone who really enjoys these foods. For instance, it may be more realistic to set a goal of eating a piece of fruit each day instead of one sweet item. You can then choose to work towards reducing the amount of sweet products gradually as and when this feels realistic for you.

**Timely**

* Set a timeframe for the goal: for next week, in three months, by fifth grade. Putting an end point on your goal gives you a clear target to work towards.
* If you don’t set a time, the commitment is too vague and tends not to happen because you feel you can start at any time. With a time limit, there’s urgency to start taking action.

SMART Goal Setting: A Surefire Way to Achieve Your Goals updated 11/23/10 ©Arina Nikitina.