



# SETTING SMART GOALS

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 within the next six months by eating every meal at the kitchen table without any distractions.

## LONG TERM GOAL

Nutrition goal:

#1. \_\_\_\_\_

Physical activity goal:

#1. \_\_\_\_\_

Behavioral goal:

#1. \_\_\_\_\_

## SHORT TERM

Nutrition goal:

#1. \_\_\_\_\_

Physical activity goal:

#1. \_\_\_\_\_

Behavioral goal:

#1. \_\_\_\_\_