AMERICAN COLLEGE OF Lifestyle Medicine

SMART Goals in Action

S — SPECIFIC

ASK

What do you want to do?
How are you going to do it?

USE

Action verbs like I will walk, I will eat or I will quit.

AVOID

Lofty and vague goals that promise too much too fast like I will lose 20 pounds.

M — MEASURABLE

What metrics will you use? How will you keep track of your progress?

Measuring tools based on patient preference such as logging with pen and paper, wearable devices, or pedometer

Excessive pressure to track multiple times a day, complicated measuring programs requiring lots of time.

A — ACHIEVABLE

How confident are you that you can achieve this goal on a scale of 1 to 10 with 10 being the most confident?

Motivational Interviewing if the goal is less than a 7 and inquire, "What would it take to get this goal to a 7 on the confidence scale?

Goals that are too easy and goals that are too hard.

R — RELEVANT

How does this goal connect to your priorities, your purpose, and your personal mission?

Open ended questions to explore what matters to the patient and how the goal is connected to that.

Determining what is relevant to the patient. Let the patient decide.

T — TIME-BOUND

When do you think you can complete this goal? What can you do in one week? What can you do each day this week?

A sense of excitement and urgency about the goal and set the expectation that there will be more time for weekly goals.

Trying to do too much at one time.

If the goal is a 7 or above, then the goal is considered achievable.
If the goal is below a 7, consider modifying the goal, to be more easily achievable.

	DON'T	DO
NUTRITION	I will eat more plants.	I will have one servings of vegetables at lunch and dinner 6 out of 7 days this week.
PHYSICAL ACTIVITY	I will exercise more.	I will walk for 20 minutes after dinner three days this week.
SLEEP	I will sleep more.	I will turn off all electronics at 8 pm and read until 9pm, at which time, I will take a hot bath and get into bed with lights out by 10 pm.
STRESS	I will stress less.	I will do deep breathing exercises for 20 minutes each morning before breakfast.
SOCIAL CONNECTION	I will be more social.	I will connect with a close friend by phone on Monday and arrange a time to meet this weekend.
SUBSTANCE USE	I will drink less alcohol.	From Monday through Friday, I will drink water rather than alcohol. On Saturday and Sunday evenings, I will have only one glass of wine with dinner.

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