AMERICAN COLLEGE OF Lifestyle Medicine

What is your SMART Goal for this week?

What lifestyle pillar do you want to work on? *Circle one.*

Physical activity **Nutrition** **Sleep** **Stress Management** **Social Connections** **Avoidance of Risky Substances**

S SPECIFIC

M MEASURABLE

A ACHIEVABLE

R RELEVANT

T TIME-BOUND

Be SPECIFIC with the goal.

Try to answer these questions when making the SMART Goal.

What exactly will you do? _____

How will you do it? _____

When will you do it? _____

For how long will you do it? _____

With whom will you do it? _____

How will you know if you are successful? _____

How will you measure your progress? _____

Options may include—using a paper and pencil to keep track of minutes of exercise, hours of sleep or number of vegetables consumer for example or using a wearable device for tracking.

MEASURE your progress.

Think about your family and work responsibilities this week. Consider the time it will take to complete the goal. Make sure you have dedicated a specific time for the activity you intend to do. Make sure you are confident that you can achieve the goal. If you do not feel confident, modify the goal so that you do feel confident.

On a scale of 0-10, with 10 most confident, how confident are you that you can achieve this goal?

0 1 2 3 4 5 6 7 8 9 10

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

How does this goal match up with your priorities in life and your sense of purpose? Is this something you want to work on? Do you see the value of this goal? If the answer to these questions is yes, then you have a goal that is relevant to you. _____

_____

Provide a time frame in which you will complete this goal. What day and what time will you do this activity? Have a Plan B in place just in case something comes up and your original day and time is not possible.

Fill in the blank with the Plan A day and time for this goal and the Plan B time day and time for this goal.

Plan A

Day _____

Time _____

Plan B

Day _____

Time _____

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