“Your Road to Health” Activity

SMART Goals

SMART Goals are:

Specific  Specify details (who, what, when, which, where, or why)
Measureable  Can be measured in numbers (how much or how many)
Attainable  Something you can accomplish (not so hard that you’ll give up)
Realistic  Likely to happen if you’re willing and able to work towards them
Timely  Have a time frame built into them to keep you on track

Example:  Starting on Tuesday, I will walk for at least 30 minutes per day on 5 days each week.

Directions:  Using what you learned about setting SMART goals, create two goals of your own: one for healthy eating, and one for physical activity.

Smart Goal #1: Healthy Eating

Steps that I will take to achieve my Smart Goal:

Smart Goal #2: Physical Activity

Steps that I will take to achieve my Smart Goal: