

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## “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: