



Being SMART Using the SMART Principles for Goal Setting

SMART is an acronym for the key principles for effective goal setting. Each of the five principles in the **SMART** acronym is an important component in your goal:

S – is for specific. It identifies a specific event or action that will take place.

M – is for measurable. It quantifies the amount of change to be achieved or is how you can tell when the goal is completed/met.

A – is for achievable. It is realistic and doable given available resources.

R – is for relevant. It is related to your personal health status and needs.

T – is for time bound. It must be completed by a specific time.



Here are some examples of **SMART** goals:

- ★ In the next four months, I will reduce my body weight from 162 pounds to 146 pounds.
- ★ By the end of the year, I will reduce my blood pressure from 130 over 90 to 120 over 80.
- ★ By the end of October, I will have reduced my cholesterol from 212 to below 200.
- ★ By July 31st, 2006, I will quit smoking.

If you look closely, each goal above is specific, measurable, achievable, relevant and time bound.

Now it is time to make your own **SMART** goal. Follow the steps below:

Step 1. What **specifically** do you want to accomplish or improve with your health?

Step 2. **How much** change or improvement do you want to see?

Step 3. Can you do this? Is it **realistic**? Yes No

Step 4. Is it **related** to your current health status and needs? Yes No

Step 5. **When** do you plan to have this change accomplished or completed? _____

Step 6. Now, if you answered “yes” in steps 3 and 4, you can take the information you wrote in steps 1, 2, and 5 and put it together to make a **SMART** goal. Write your new **SMART** goal below:

Step 7. Congratulations! You’ve just set a **SMART** goal to improve your health!

