

Small Changes for Health 2006

Week   3  



Goal setting is one of the ways we can ensure that we accomplish the things we have planned. Goal setting can be particularly effective in changing to healthier behaviors and improving your health status. The most useful goals are **SMART** ones. These are goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime bound. We'll apply the principles of **SMART** goal setting in this week's small change.

**Your Small Change: For this week, make sure that you establish one SMART health-related goal for yourself.**

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week   3  

**Your Small Change: For this week, make sure that you establish one SMART health-related goal for yourself.**

1. Did you set at least one specific goal for the remainder of the Small Changes for Health Program?  
(Check one)

Yes                       No

2. What goal did you set? (Indicate goal below.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Is it a **SMART** goal? (Check one)

Yes                       No

4. Do you feel that you can reach your goal through the Small Changes for Health program? (Check one)

Yes                       No

5. Other Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please return the bottom half of this form to  
Health Promotion in Room 910, at the end of this week.

