

# Set SMART Health Goals

\_\_\_\_\_ Date

Pick one or more achievable goal per month. For example: “By the end of April, I will exercise 30 minutes per day or I will eat fruit twice a day for the next 2 weeks.”

My SMART Goal:								
Check each day you complete your goal!	Sun	Mon	Tue	Wed	Thu	Fri	Sat	What made it easy to reach this goal?
Week 1								What made it hard to reach this goal?
Week 2								
Week 3								
Week 4								



### Lifestyle Goals:

- Stay Active
- Stay Connected
- Avoid Harmful Substances
- Eat Healthy
- Sleep Well
- Manage Stress

### SMART Goals

- S- Specific**
- M- Measurable**
- A- Achievable**
- R- Realistic**
- T- Timely**