

SMART Goal Worksheet

Use this worksheet to set one or two goals for yourself using the SMART guidelines.

My goal is:	
Specific How will I do it? (What, when, where, and how?)	
Measurable How will I measure it? (How much, how many?)	
Attainable Is this something I can do?	
Rewarding Is this something I want to do?	
Timely How often or when will I do this?	

Staying on track

Write down the names of people you can ask to support the changes you are making.

Write down things that could make it hard for you to achieve your goal.

Write down some ideas for how you can manage these difficulties.

Write down why you are making a healthy lifestyle change. Read this when you feel like giving up on your goal.

Please visit www.MyHealth.Alberta.ca and search "Setting SMART Goals" for instructions about how to use this worksheet.