



SMART Goals



My Goal

<p>Step 5 Time-Based When do I want to reach my goal?</p>	<hr/> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/> <hr/>
<p>Step 4 Relevant Will this goal help me reach my long-term goals?</p>	<hr/> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/> <hr/>
<p>Step 3 Attainable How can this goal be met?</p>	<hr/> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/> <hr/>
<p>Step 2 Measurable How will I know when I reach my goal?</p>	<hr/> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/> <hr/>
<p>Start here!</p> <p>Step 1 Specific What do I want to achieve?</p>	<hr/> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/> <hr/>

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My Goal

	<p>I will set a timer on my phone and take a 30-minute walk around campus on my lunch break on Mondays, Wednesdays, and Fridays starting next week as I begin to prepare for my weeklong hiking trip in 6-months.</p>		
<p>Step 5 Time-Based When do I want to reach my goal?</p>	<p>I will begin taking these walks next week to prepare for my hiking trip in 6-months</p>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/>
<p>Step 4 Relevant Will this goal help me reach my long-term goals?</p>	<p>I want to increase my physical activity in order to prepare for my weeklong hiking trip</p>	<p>Anticipated barriers:</p> <p>Being too tired to take a walk</p> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <p>A friend or co-worker to walk with or headphones so I can listen to music on my walk</p> <hr/> <hr/> <hr/>
<p>Step 3 Attainable How can this goal be met?</p>	<p>I will use my 30-minute lunch break from 12-12:30pm to take a walk around the campus where I work</p>	<p>Anticipated barriers:</p> <p>Forgetting to take a walk at lunchtime if I get busy</p> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <p>Setting a reminder on my phone to take a walk at noon on Mondays, Wednesdays, and Fridays</p> <hr/> <hr/> <hr/>
<p>Step 2 Measurable How will I know when I reach my goal?</p>	<p>I will set a timer on my phone to track how long my walks are</p> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <hr/> <hr/> <hr/>
<p>Step 1 Specific What do I want to achieve?</p>	<p>I will take a 30-minute walk every Monday, Wednesday, and Friday</p> <hr/> <hr/> <hr/>	<p>Anticipated barriers:</p> <p>Rain or other bad weather</p> <hr/> <hr/> <hr/>	<p>Supports I know I will need:</p> <p>An extra umbrella and jacket in case it is raining or snowing</p> <hr/> <hr/> <hr/>

Start here!