Health Smart Goals Template

Specific:

- Define exactly what you want to accomplish with your health goals. Be clear and precise about your objectives. For example, "I want to lose 10 pounds" or "I want to lower my cholesterol levels by 20 points."

Measurable:

- Establish criteria for measuring your progress. This could be quantifiable data like weight, body measurements, blood pressure, or cholesterol levels. For example, "I will track my weight every week" or "I will monitor my blood pressure twice a day."

Achievable:

- Ensure that your goals are realistic and attainable within a reasonable time frame. Consider your current health status, lifestyle, resources, and any potential limitations. Set goals that challenge you but are still within reach. For example, if you're aiming to lose weight, aim for a healthy and sustainable rate of weight loss (e.g., 1-2 pounds per week).

Relevant:

- Make sure your health goals align with your overall well-being and priorities. Consider why these goals are important to you and how they contribute to your long-term health and happiness. Your goals should be meaningful and relevant to your personal values and aspirations.

Time-bound:

- Set a specific time frame for achieving your health goals. This could be a deadline for reaching a certain milestone or an endpoint for your overall objective. Having a timeline creates a sense of urgency and helps you stay

focused and motivated. For example, "I will lose 10 pounds in the next 3 months" or "I will lower my cholesterol levels by 20 points within the next 6 months."

Example of a SMART Health Goal:
"I will lose 10 pounds within the next 3 months by exercising for at least 30 minutes five times a week and following a balanced diet consisting of lean proteins, fruits, vegetables, and whole grains. I will track my progress by weighing myself every Sunday morning. Additionally, I will consult with a nutritionist to create a personalized meal plan and seek support from a fitness coach to develop an effective workout routine."