

My S.M.A.R.T. Plan for Healthy Living

You are much more likely to succeed if you have a plan to reach your personal goal. There are five requirements for a S.M.A.R.T. plan. It must be:

Specific

What do you want to have happen?
Choose one area for change, address a specific behavior and include the result you want.

Example: I will improve my health by walking.

Measurable

How will you know when you have accomplished your goal? What tool will you use to evaluate your progress?

Example: I will walk 5 times a week for 20 minutes and record on my daily log.

Attainable

Is this something you can achieve?
Does it fit into your daily routine? Is it something you like to do? Do you have support from your family, your WK team?

Rewarding

How will you celebrate success or reward yourself when you achieve your goal? Reward should be simple yet enjoyable, and appropriate to your goal.

Example: When I can walk a mile in less than 20 minutes, I will go see a movie with my spouse or friend.

Timed

Determine a timeline for completing your goal with a start and stop date. (Note that once you have completed this short term goal, you will immediately set another goal so the positive changes can continue.)

Example: I will walk for 30 minutes, 5 times a week for 8 weeks, starting March 8.

Healthy Living Contract

I _____ set the following SPECIFIC and MEASURABLE goal(s) for myself:

My goal is ATTAINABLE because: _____

I will give myself the following REWARDS when I'm successful at reaching this goal (list each reward and each milestone): _____

The TIMELINE for this goal is: _____

I will keep track of my progress in the following way: _____

Signed: _____ Date: _____