

SMART Goals Worksheet

To help you clarify what health goals or concerns you want to address during this course and how you plan to achieve those goals, fill in the following chart and use this throughout the course. If you need more space, make the text area bigger.

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| My Health and Wellness Goals are... (list 2-3 goals) | <ol style="list-style-type: none">1) I will eat sweets no more than 2 times a week.2) I will limit my quantity to a single serving when I do have a sweet treat. |
| <p>Specific, Significant, Strategic</p> <p>What are the outcomes of my goals? What will it look like when I have accomplished these goals?</p> | <p>These goals will work in tandem to help me decrease my overall sugar consumption. Ultimately, I want to move away from using sugar as a “crutch” when I am over-tired or stressed.</p> <p>When I have accomplished these goals, I will have a healthier pattern of sugar consumption in terms of both frequency and quantity, will feel better (both physically and mentally), and will avoid staying up too late because I have had sugar.</p> |
| <p>Measurable, Meaningful, Motivational</p> <p>How will I measure progress? What action steps will I take to get there?</p> | <ol style="list-style-type: none">1) I will have a treat no more than once during the weekend and once during the week. I will track my consumption of treats on the calendar in our kitchen.2) I will set out a single serving of a treat before I begin eating, and will put away the rest of the treat so that I am not tempted to continue eating. On the same calendar, I will mark whether or not I was able to limit myself to a single serving. |
| <p>Attainable, Achievable, Adjustable</p> <p>Are my goals adjustable?</p> | <p>Both of these goals should be fairly easy to adjust, if necessary. For example, I can switch the total number of treats I’m having in a week if that is necessary for me to make progress, or I can be even more ambitious with my goal if it is going well. I can also make my measurement of quantity more strict if I find that, in the moment, I am still choosing unhealthily large serving sizes.</p> |

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| <p>Relevant, Realistic, Results</p> <p>Are my goals realistic? Am I pushing myself, but still setting goals that are attainable? Can they be accomplished in the available time frame and with the amount of effort and commitment required?</p> | <p>I have tried to decrease my sugar consumption on and off for years, with no long term success. However, I have not tried this approach, where I allow myself two treats in a week, with attention to serving size. I think this is a realistic goal because it provides me with some flexibility in terms of when I eat a treat but also offers accountability by writing down how I do.</p> <p>To be honest, every member of my household is acutely exhausted and stressed at the moment, so setting any sort of goal requires me to push myself. At the same time, I know that I will feel much better and my renewed energy will help me navigate an especially hectic phase of life.</p> <p>I think it is realistic to accomplish this goal in the time frame I am setting out and the commitment seems manageable.</p> |
| <p>Timely, Tractable, Tangible</p> <p>What is the time frame? What time do I have to work on these goals and when are my deadlines?</p> | <p>Because of the factors I noted above—failure in this realm at other times and generally feeling tired and stressed—I decided to pursue this goal right now for only 4 weeks. I believe this will give me an opportunity to improve and experience success without feeling overwhelmed by taking on a long-term self-improvement project at a bad time.</p> <p>I am beginning my goal today and will re-assess it on November 12th. At that point, I will review my calendar notes and decide whether the goal, as written, is the best way for me to make improvements in my sugar consumption. It is possible that I will find that a goal relating to increasing sleep or exercise actually has more of an impact on my sugar consumption. I am not sure about that, though, but will consider it after I try working on these goals over the next 4 weeks.</p> |