

Let's Create a Healthy SMART Goal

Name: _____ Date Begun: _____ Complete by: _____

SMART because it includes:

Specific **M**easurable **A**ction Oriented **R**ealistic **T**ime-bound

STEP ONE - SPECIFIC: Which dietary guideline are you making a SMART goal for? (Circle guideline)

- | | |
|------------------------------|------------------------------------|
| 1. Eat breakfast | 5. Be physically active |
| 2. Drink fewer sugary drinks | 6. Eat fruits and vegetables |
| 3. Eat less junk/fast food | 7. Handle conflicts successfully |
| 4. Spend less time sitting | 8. See challenges as opportunities |

STEP TWO – ACTION ORIENTED: What activity are you going to do to help you get better at the dietary guideline you chose? Look at the examples in the SMART Goal Activity Bank to help you come up with an action you can commit to!

STEP THREE – MEASURABLE: How often will you do this activity to reach your goal? (circle one in each column)

How many times a week?	During what part of the day?
Once a week	Before School
Three times a week	After School
Everyday	During Breakfast, Lunch or Dinner
Other frequency: _____	At bedtime

STEP FOUR - REALISTIC: Let's make sure you will actually achieve your goal.

Write down some things that may get in the way with achieving your goal	Write down some things that may help you achieve your goal

EXAMPLE: Drink fewer sugary drinks:

Some things that may get in the way: <i>I don't like how water tastes.</i>	Some things that may help you achieve: <i>Add fruit slices to my water to improve the taste</i>
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STEP FIVE – TIME BOUND: How long will you work on this goal? (circle one) 4, 6, 8, 12 weeks

OK! You made a SMART goal, now write out the entire goal below!

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SMART Goal Activity Bank

Dietary Guideline	Here are some activities you could try:
Eat Breakfast	<ul style="list-style-type: none"> • Make a yogurt parfait with granola, yogurt and blueberries. • Eat a granola bar that has whole grain oats. • Make a smoothie with a banana, yogurt and strawberries. • Eat a bowl of cereal (make sure the cereal does not have a lot of sugar). • Cook 2 eggs, add cheese, tomato and put it on whole wheat bread/toast • Get to school early enough to eat the school breakfast.
Drink fewer beverages with sugar	<ul style="list-style-type: none"> • Make your own soda! Add fruit to seltzer, maybe lemon and lime • Make infused water • Make homemade ice tea • Stop drinking soda
Eat less from corner stores, bodegas or fast food restaurants	<ul style="list-style-type: none"> • After school, go to cooking club • Make a healthy snack from scratch • Choose the healthier option at these types of stores and restaurants
Spend less time sitting	<ul style="list-style-type: none"> • Go for a walk with a family member • Get a group of friends together to play a sports pick-up game • While watching TV, do squats or another physical activity • Cook dinner with family
Be physically activity	<ul style="list-style-type: none"> • Join a sports team • Join an intramural team • Look into sports at places such as YMCA, Boys & Girls Clubs and Parks & Recreation • Go for a run, a bike ride or get on a skate board • Go to the gym
Eat fruits and vegetables	<ul style="list-style-type: none"> • Instead of buying an afterschool snack, buy healthy fruits from the fruit stand or grocery store • Help with grocery shopping and ask to bring home fruits and veggies • Drink a vegetable homemade juice for breakfast or a snack • Eat fruit as dessert
Handle conflict successfully	<ul style="list-style-type: none"> • Create a journal to reflect on your personal challenges and relationships • Stand in front of the mirror and practice saying sorry • Listen and be respectful of other's thoughts, opinions, and ideas. Count to 10 before you respond to make sure you understand what they said
See challenges as opportunities	<ul style="list-style-type: none"> • Say 3 things that you are proud of accomplishing every day before bed • Change your phone wallpaper to your favorite inspirational quote • Ask a friend or teacher for help

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Notes:

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