

## Assessment

### SMART goals

Goal setting is a critical strategy in weight management and should focus on both diet and lifestyle changes.

Establishing short-term SMART goals is a way to help children succeed. They provides the detail, support, and guidance children and parents need to stay focused on weight-loss objectives.

SMART stands for Specific, Measurable, Achievable, Results-focused, and Time-bound. Here is a breakdown of each section:

- **Specific:** Goals should be simple and well defined.
- **Measurable:** There should be evidence of a met goal.
- **Achievable:** Goals should feel slightly challenged but still possible.
- **Results-focused:** Goals should measure outcomes and not processes or steps.
- **Time-bound:** Goals should have a timeframe that creates a practical sense of urgency.

Here are some examples of how SMART goals differ from more general ones:

GENERAL GOAL	SMART GOAL
"Keep your weight the same."	"Can you commit to weighing yourself weekly?"
"Cut out fatty foods."	"Let's change to low-fat milk."
"Eat new foods."	"Strive to eat one fruit every day."
"Be more active."	"Walk to/from school x-days a week." "Limit TV and screen time to two hours a day."

The SMART worksheet can help providers draft goals for children and parents. Upon achieving some success, new SMART goal setting should occur at every visit to further the child's progress.